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March 2018
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Middle East

THRILL OF THE GRILL

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DINING
VOUCHERS AND
GOURMET
HOTEL STAYS

7 prime cuts to know

From bavette to onglet,
explore the distinct
characters of steaks

Just for Mum

Gourmet gifts
& restaurant
recommendations
for Mother's Day

Taste of Dubai's line-up

Food festival returns
to Media City

All-American T-bone &
best-ever onion rings

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Welcome to March!

With a whole lot of al fresco dining to be had during this month of beautiful weather, we direct our attention to all things barbecued.

In this month's 'BBQ issue', you'll find plenty of flavour-packed recipes that are perfect for making and enjoying outdoors.

Turn to page 25 for a selection of our favourite grilled dishes, including the likes of the all-American T-bone, seared sirloin, and super-luxe butterflied lobster – all served with a gorgeous range of side-sauces like seaweed butter drizzle, ponzu dipping sauce, and blue cheese dressing. Our 'Thrill of the grill' feature also provides the complete BBQ lowdown, on everything from how to stack your coals, to a colour guide on when your coals are ready to cook on and the four essential pieces of kit you'll need for a successful cookout.

When it comes to shopping for the BBQ get-together, secondary cuts are often forgot about, but offer so much more flavour than the popular fillet cut. Learn more on page 22, where we take a look at the distinct characteristics of a variety of favoured steaks.

This month, we also celebrate Mother's Day on March 21, and what better way to show your mum how much you appreciate her than with a delicious meal. Find gourmet gifting ideas on page 52, or a get your mixing bowl out and bake a batch of sweet little jam tart hearts from page 50.

Paired with *BBC Good Food Middle East* this month you'll find your free copy of the 2018 Spring/Summer Brunch Guide, which highlights must-try brunches from across the city. I hope it lends inspiration for when you're next on the lookout for a new brunch to try.

Whether brunching or barbecuing the month, have a fabulous time enjoying scrumptious food.

Until next month,



Sophie
Editor



"These rustic-style mussels on the barbie are so easy to make and taste fantastic," says sales executive, Liz.



WHAT WE'RE LOVING!



Sales director, Michael says: "Start your weekend with one of these great British breakfast baps – I know I will be!"



"This giant, gooey chocolate chip pretzel cookie is a must-try sharing-style dessert for your BBQ gathering," says graphic designer, Froilan.



EDITORIAL
EDITOR: Sophie McCarrick
sophie.mccarrick@cpimediagroup.com
ONLINE EDITOR: Emma Hodgson
emma.hodgson@cpimediagroup.com

ADVERTISING
DIRECTOR OF SALES: Michael Phillips
SALES MANAGER: Carol Owen
SALES MANAGER: Liz Smyth

bbc.sales@cpimediagroup.com

MARKETING
Isabelle Mills
marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS
Rajeesh Nair
rajeesh.nair@cpimediagroup.com

DESIGN
Froilan Cosgafa IV

ONLINE
Aiya Naingue

PHOTOGRAPHER
Maksym Poriechkin

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

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Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

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DIRECTOR OF EDITORIAL GOVERNANCE: Nicholas Brett
PUBLISHING DIRECTOR: Chris Kerwin
PUBLISHING COORDINATOR: Eva Abramik
UK.PUBLISHING@BBC.COM
WWW.BBCWORLDWIDE.COM/UK-ANZ/UKPUBLISHING.ASPX

Immediate Media Co Ltd

CHAIRMAN: Eckart Bollman
DEPUTY CHAIRMAN: Peter Phippen
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING
AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Brown

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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



My partner and I enjoy every page of BBC Good Food ME magazine – we love it! This is not a read-only magazine, we do actually use the recipes and plan meals from it – the recipes are always quick and easy. I look forward to getting this magazine each month, and wish it came more often. It's always full of easy to follow recipes with great pictures. I especially love the section for foodie travel, with reviews of hotels locally and international, to help plan our next trip.

The layout and pictures are eye-catching, and the editorial team makes it a fun read. I can peruse it quickly on a busy day and have something new and delicious on the table for dinner that night.

Kaycee Lynne Moral



One of my favourite reads in this magazine is the 'Tried & Tasted' section – I love reading the firsthand dining experiences. Each month it's the first thing I flick to. February's review section was where I found my new favourite restaurant in Dubai – BB Social Dining in DIFC. Tempted after reading your review, my wife and I went for dinner one evening and had such a fantastic experience. We were blown away by the food and can't wait to return. Please keep the great recommendations coming!

Nigel Green



Over the last couple of months, I've noticed a few family-focused recipe features and the magazine, and I'd like to say, please keep them coming! My kids are loving the recipes, and it's really helping me with getting them involved in the kitchen and interested in great food. They love seeing the photos of kids in the kitchen making the food – I think it inspires them. They're enjoying it so much that I went and bought them little aprons. We look forward to more child-friendly recipes.

The Baxter family





WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on **feedback@bbcgoodfoodme.com** with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     **[@bbcgoodfoodme](https://www.instagram.com/bbcgoodfoodme)**

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



JW MARRIOTT MARQUIS

Restaurant Week

25TH MARCH — 31ST MARCH

Get ready to experience flavors from over 10 different gastronomies with the launch of JW Marriott Marquis Dubai Restaurant Week! From fine dining to casual dining set-menus there is something for every taste!

AED 130 — PUBS AND BARS

Cafe Artois, Bridgewater Tavern, Aqua, La Farine

AED 160 — CASUAL DINING

Izakaya, Positano, Garden

AED 190 — FINE DINING

Prime68, Rang Mahal by Atul Kochhar, Tong Thai



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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



'Farewell' China Grill, 'Hello' Asia de Cuba

If you're a fan of China Grill at The Westin Dubai Mina Seyahi Beach Resort & Marina, we bear sad news. The popular outlet has closed doors, to make way for the launch of Asia de Cuba on March 6. The two-storey venue will undergo a complete makeover to reflect Asia de Cuba's whimsical personality, with bespoke wallpaper, furnishings and décor. The huge wrap-around terrace will also be transformed to give the space a true Latin-American feel, which will be brought to life with reggaetón beats and a live Latino band.

The sharing style menu, created by Cuban-born executive chef, Luis Pous is a fusion of Latin and Asian cuisines. Asia de Cuba signature dishes such as tunapica tartare with crispy wontons will be on offer as well as Spanish olives, toasted coconut and avocado ceviche, 'ropa vieja' spring rolls with braised beef short rib, rocoto sweet and sour sauce, shrimp churros with sesame and coconut curry, as well as roasted Peking duck with chili herb salad, tortillas and hoisin. See asiadecuba.com

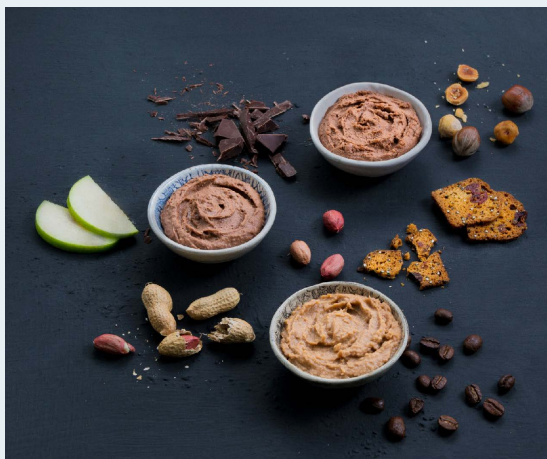


Retro coffee

In need of a new coffee machine? We're loving this Black Espresso Machine by SMEG. Whether you are a latte lover or cappuccino connoisseur, SMEG has the perfect retro-style coffee machine for you; SMEG's gorgeous coffee machine makes your favourite drink whilst giving your kitchen a cool, dreamy look. The Italian coffee making tradition finally conquers the domestic space with this machine – a must-have for all espresso lovers.

With its De-CALC system alarm, thermoblock system & 15 bar and power of 1350 W, SMEG Espresso Machine can be used with both ground coffee and paper pods allowing you to choose among your favourite coffee roasters. Available from Better Life stores in Dubai and Abu Dhabi. For more information, visit betterlifeuae.com.

THE BEST BITES



Hummus gets a sweet makeover

Yes, you read that correctly – there's a new line of chocolate hummus dips on the Dubai food market! HumDip by Kcal is a brand-new snack, packed with flavour that aims to satisfy both the health conscious, and the sweet-toothed chocoholics, with all-natural ingredients and no added sugar. Available throughout the UAE in Kcal's healthy lifestyle restaurants, HumDip provides a modern twist on the popular Middle Eastern mezze favourite. Available in a trio of flavours, choose from: chocolate hazelnut, chocolate peanut butter, or mocha. HumDip is accompanied with bite size apple slices or cranberry hazelnut wholegrain crackers. HumDip will be available to order in all Kcal Dubai, Abu Dhabi and Ras Al Khaimah Kcal restaurants for dine in, take away and delivery. Visit kcallife.com.



HOME-GROWN DINING

Dar Wasl Mall is officially home to One Third Food Hall – a new, home-grown concept that features six brand-new restaurants, mixed with local artists' work at an art gallery, plus a stage for local talent to showcase music, comedy, film and community stories – making it quite the creative hub.

The six restaurants include Midnight Breakfast, which was started by three Emirati sisters, to serve a unique selection of breakfast items throughout the day. Next there's Habak, launched by a Lebanese teacher, to showcase flavours of Lebanon, plus popular dessert delivery platform, Sugar Moo.

KishMish, serves soulful Afghan cuisine and has been launched by three Afghan ladies to fill the demand for an outlet serving tastes of Afghanistan in Dubai. For coffee lovers, Emirati Coffee is home to one of the first Emirati specialty roaster's, which offers a unique and carefully-brewed selection of coffee-based beverages. Last but not least, there's a pop-up outlet offering a Mexican fusion menu.

After-school fun for the little chefs

Do you have a little budding master chef at home? Let them join chef Romain Van Durmen at The Chef's Palette, Fairmont The Palm for a hands-on kids' culinary experience that explores the wonders of food science, multi-cultural cuisines and tasty food to enjoy too.

With state-of-the-art Gaggenau stoves, ovens and cookware at their fingertips, children ages 10 to 14 years will have the opportunity to learn about different food and cultures of countries across the globe during an eight-week cooking course, featuring highlights like 'pastry week', 'Asian street food week' and 'Belgium week'.

Aspiring junior chefs are invited to have two-hours of culinary fun with an interactive class every week, either on Mondays or Tuesdays. The course is priced at Dhs1,200 per child for eight-weeks inclusive of food and soft drinks. For more information or bookings, e-mail palm.dining@fairmont.com or call +971 4 457 3457.





For tickets or more information, visit: tasteofdubai festival.com

Taste of Dubai's food-filled line-up

A three-day food extravaganza is set to take Dubai Media City Amphitheatre from March 8 – 10, 2018, as Taste of Dubai food festival returns with Sister Sledge headlining the opening night

From March 8 to 10, 2018, Taste of Dubai will return for its eleventh year to Dubai Media City Amphitheatre. The three-day food-filled event will give you the chance to taste the city's favourite restaurants, meet world-class celebrity chefs and entertainment from headline international music act Sister Sledge, plus other varied live bands and music acts throughout the weekend.

For the first time, Taste of Dubai will bring you a little slice of Italy with a dedicated pavilion celebrating the best of Italian cuisine by chefs flown in from Italy for the occasion. Learn from the masters as chefs Silvia Baracchi of Il Falconiere Restaurant & Spa, chef Maria Grazia Soncini of La Capanna di Eraclio, chef Marco Battega of Aminta Resort showcase their culinary skills as they cook live in the Italian Taste Pavilion Chef's Theatre. There will be live



demonstrations from Italian food artisans including fresh pasta makers, an acrobatic pizza chef, mozzarella making, gelato making, and pop-up Italian espresso bar.

New for 2018 there will be a Celebrity Chefs' Tasting Table, part of the Crate and Barrel Chefs' Theatre, where you could be one of a few selected top tasters who will get to taste some of their delicious mouth-watering masterpieces. Available exclusively for VIP ticket-holders, you can register online for the chance to sit at the table and ask the celebrity chefs questions to find out some of their hidden tips as you dine in style.

All the way from Europe, new for 2018, the pop-up Butter Kitchen will showcase gastronomic butter workshops held by French Chef, Charles Soussin and dairy specialist, Francois Tovin awarded the best cheesemonger in France. You can explore the best way to cook gourmet recipes with butter including how to prepare savoury flavoured butter such as seaweed butter and citrus butter.

Taste of Dubai's favourite, the cooking challenge returns with Al Ain Farms and Kibsons International where alongside other competitors you will cook alongside celebrity chefs Jenny Morris, Reza Mahammad, Sanjeev Kapoor, Eric Lanlard, Jun Tanaka, Valentine Warner and Annabel Karmel, as they judge each dish and choose a winner.

A selection of Dubai's favourite restaurants will be serving up an array of over 100 signature dishes for visitors to sample. Restaurants will include: Bread Street Kitchen, Nobu, Carnival by Tresind, Aubaine, Burger & Lobster, Couqley, Jodhpur, Kiza, Le Petit Belge, Royal Orchid, Salerp Tapas & Bodega, Shanghai Chic, Sonamu, Soul Restaurant and Bar, The Eloquent Elephant, Weslodge, Urban Kitchen & Bar, Guy Fieri's Kitchen & Bar.

TIMINGS

Thursday 8th March	Friday 9th March	Saturday 10th March
16.00 – 23.00	12.30 – 23.00	12.30 – 21.30



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Flavours of the month

Here is what's hot and happening
around town this month.

New on the block

👉 Fogo de Chão, Central Park Towers, DIFC

Brazilian churrascaria Fogo de Chão has opened doors in DIFC. Founded in Brazil in 1979, the steakhouse specialises in the centuries-old Southern Brazilian cooking technique of churrasco. The authentic dining experience features high quality cuts of meat that are fire-roasted and served tableside by gaucho chefs, and the seasonal Market Table and Feijoada Station, which include seasonal salads, soup, fresh vegetables, imported charcuterie and more. Weekday lunch, Weekend Brazilian Brunch and Fogo Bar and Lounge menus offer guests additional ways to enjoy the Fogo experience at varying price points. Visit fogome.com.

👉 NOÉPE, Park Hyatt Dubai

Located at Park Hyatt Dubai's brand-new dining destination, The Promenade, NOÉPE brings the charming aura of Cape Cod to the shores of Dubai Creek. Paying homage to the very finest of New England's cuisine, utilising specially sourced ingredients, signature dishes include the likes Maryland crab cakes, lobster mac n'cheese, made from the highest quality produce fresh from Maine, immersed in a rich fontina cheese, and lobster sliders, taken from the street side of New England and given an upscale twist. Call 04-6021814.

👉 ONI Japanese Restaurant, Lounge and Sake Bar, Shangri-La Hotel Dubai

Bringing the streets of Japan to Shangri-La Hotel on Sheikh Zayed Road, ONI Japanese Restaurant opened last month. An ode to street-style delicacies from Japan, ONI offers a laid-back, welcoming atmosphere and menu classics such as sushi, robata and ramen. Visit onidubai.com or call +971 (0) 4 405 2333.

👉 Texas Roadhouse, La Mer

American family-friendly restaurant, Texas Roadhouse has opened at Dubai newest beachfront location, La Mer. Combining authentic barbeque techniques with fresh ingredients and a selection of succulent cuts, this all-day dining destination offers a steakhouse-style menu with a Southern flair. Enjoy made-to-order 100% halal hand-cut steaks, and delicious fall-off-the-bone ribs, complemented by made-from-scratch sides and freshly baked bread, while enjoying western interiors that'll remind you of a Texan neighborhood barbeque, complete with live country from the staff's entertaining line-dancing routines every hour, on the hour, inside and outside. Call 04-4190914.



Fogo de Chão, Central
Park Towers, DIFC

PHOTOGRAPH BY HELEN MCCARRICK | PHOTOGRAPHS SUPPLIED

📍 JW Marriott Marquis Dubai

From March 25 – 31, experience flavours from over 10 different gastronomies with the launch of JW Marriott Marquis Dubai Restaurant Week. From fine dining to casual dining set-menus there is something for everyone. Head to one of the hotel's pubs or bars including Bridgewater Tavern (trendy sports bar), Café Artois at Bridgewater (outdoor terrace at the Dubai Water Canal), La Farine Café & Bakery (French restaurant), Aqua Poolside Grill & Bar for Dhs130 per person for a set menu. Keep it casual at Izakaya (Japanese restaurant), Positano (Italian restaurant), or Garden (Peruvian restaurant) for Dhs160 per person, or go fancy at one of the fine dining outlets including Prime68 steakhouse, Tong Thai (Thai restaurant), Rang Mahal by Atul Kochhar (Indian restaurant), for Dhs190 per person for a set menu. *For more information, call 04-4140000.*



📍 The Fish House, InterContinental Dubai Festival City



A brand-new fish and seafood focused restaurant has opened at Dubai Festival City's prestigious waterfront. Inspired by local heritage and the simplicity of diligently sourcing the freshest produce, The Fish House prides itself on delivering an authentic dining experience, accompanied by a social and warm atmosphere.

"The centrepiece of The Fish House experience is our signature raw bar which houses our charcoal and wood grill, allowing our team to prepare your meal right at the heart of the venue," explains Ben Nicholas, Restaurant General Manager. The cold bar houses the catch of the day on ice, enabling diners to interact with the chef whilst choosing how they would like to customise through cooking style, side and sauce. Options include deep fried, pan fried, poached, oven baked, breaded and barbecued, offering something for everyone. *Call 04-7011127 or e-mail thefishhousedubai@ihg.com.*

📍 Riviera, Rixos Premium JBR

Start the week fresh and enjoy a long lazy evening watching the sun go down at Riviera's Seafood Sundays. Choose your live seafood catch and get special rates from Riviera's head chef. Fish and seafood lovers are sure to leave satisfied, with options like red snapper, black cod fillet, butterfly prawns, and lobster all on the menu. Every Sunday from 7pm to 11.30pm. *Call +971 5 2777 9473 or e-mail reservations@riviera-grill.com.*

📍 Oléa, The St. Regis Saadiyat Island Resort, Abu Dhabi

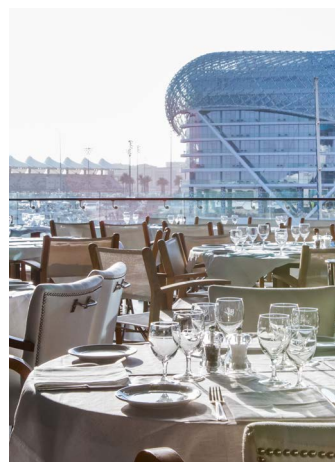


Many restaurants take a 'pile it high' approach to Friday brunch, prioritising quantity over quality and serving up so-so sushi, hummus and salads in the hope that diners will be too sozzled to care. Not so at The St. Regis Saadiyat Island Resort, Abu Dhabi, where chefs skilled in a dizzying array of international cuisines serve

authentic fare with the same care and attention they'd devote to a private dining event. Intriguing options include seafood pasta prepared in an Italian pentolo, a huge steel pan, and succulent cuts barbecued on the Mongolian grill. Open every Friday from 1pm to 4pm, with packages priced at Dhs395 with soft drinks, Dhs515 with house beverages and Dhs740 including bubbly. Kids aged six to 12 dine for Dhs190, while under-fives eat for free. *Call 02-4988443 or e-mail restaurant.saadiyat@stregis.com.*

Abu Dhabi
brunches

📍 Cipriani Yas Island, Abu Dhabi



This March, Cipriani Yas Island presents its new 'Dolce Vita' brunch experience. Exclusively served once a month, an immersive culinary journey with traditional Italian delicacies and free flowing bubbles awaits guests, followed by a relaxed evening of board games and aperitives. Upcoming dates brunch dates include March 9, April 13 and May 11, each from 1 – 5pm. With all dishes served to the table, appetisers encompass an array of maki and Cipriani signature favourites including, burrata with cherry tomato and

taggiashe olives, calamari fritti with tartar Sauce, aubergine parmigiana and vitello tonnato. For main courses, devour baked taglionlini Cipriani with veal ragu, chicken alla Milanese or grilled salmon teriyaki. To finish on a sweet note, an array of delectable desserts include, Cipriani cakes, fresh sorbets and indulgent ice creams. Prices start from Dhs375 with soft drinks, Dhs550 with house beverages and sparkling, and Dhs625 with French bubbly. *Call +971 (0) 265 75 400 or e-mail yasiland@cipriani.com.*

Tried & tasted

Each month, we review two of the city's top tables.

DIFC'S
latest
openings



Reviewed by Sophie McCarrick
*Editor of BBC Good Food Middle East,
lover of all things food and a keen
seeker of new dining experiences.*

Where?

**CRAZY FISH, AL FATTAN
CURRENCY HOUSE, DIFC**

Dining experience: Dinner

What's it like? If you're a lover of fish and seafood, this is an opening to add to your 'must-visit ASAP' list. Upon entering the restaurant, expect to be met by an extensive fresh fish counter, with everything from king prawns and langoustine, to monkfish and squid resting on ice, awaiting your selection.

An import from Monte Carlo, Crazy Fish neighbours its meat-led counterpart, Beefbar (review overleaf) – both of which are brand-new restaurants that opened last month, brought to the region by ex-Formula 1 star, Flavio Briatore.

Simply decorated, the restaurant is classy and charming with quirky,

tasteful pieces of artwork on the walls, crisp white table clothes paired with nautical blues, reminiscent of the seaside, and dark wood furnishings.

There's even a spot for a DJ, who keeps the vibe intimate yet upbeat throughout the evening.

What are the food highlights?

To my delight when flicking through the menu, I'm informed that all fish and seafood on offer is caught daily off the Italian coast and brought to Dubai multiple days per week – you'll not find anything farmed at Crazy Fish.

Dishes on the menu really focus on making fish the star of the show, with simple cooking methods and subtle Mediterranean flavours that enrich natural tastes of the fish and seafood.

The experience begins with a selection from the 'raw' section of the menu. Tarburish oysters start us off on the right foot, while meaty tuna tartare with crushed potatoes and basil wows with flavour and presentation – it comes served under a glass dome and is smoked



lightly. The red king prawn carpaccio with pink salt is an interesting dish, and a refreshing option to see on the menu. The texture is almost buttery, and it melts in the mouth – it's delicious and quite rich.

As done in Italy, the 'middle course' before main course, is a must. We devoured a perfectly-portioned serving of gnocchetti (mini gnocchi that comes chickpea sized), with red king prawns, cherry tomatoes and a hearty sprinkling of Sardinian Pecorino cheese (a hard-Italian cheese made from ewe's milk).

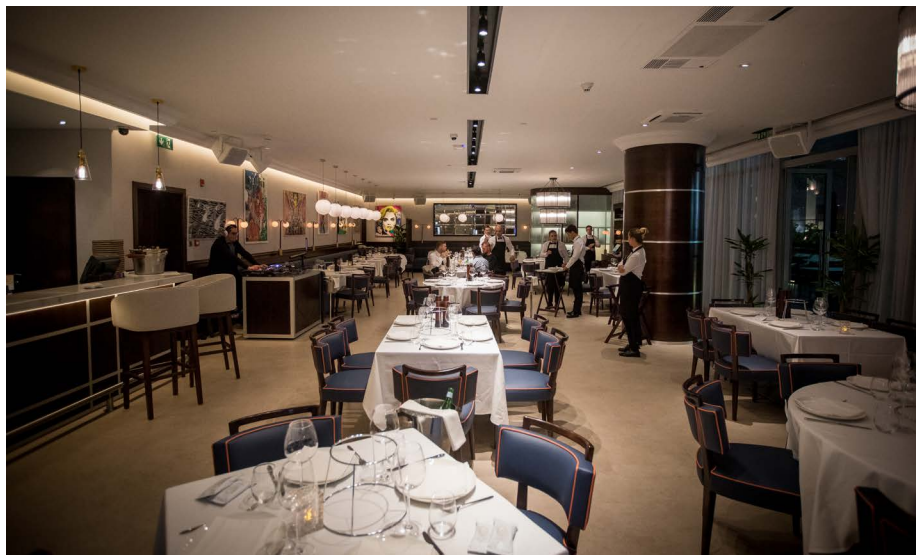
For main, the salt-crusted sea bass is simply stunning. Flambéed and served tableside, fish under the crust is cooked to tender perfection, and served simply with a selection of grilled vegetables, all drizzled with premium olive oil from Italy.

Ending on a sweet note, we're pleasantly surprised to discover that the tiramisu is created next to the table, and is divine with sumptuous dollops of extra-creamy mascarpone and freshly brewed strong Italian espresso.

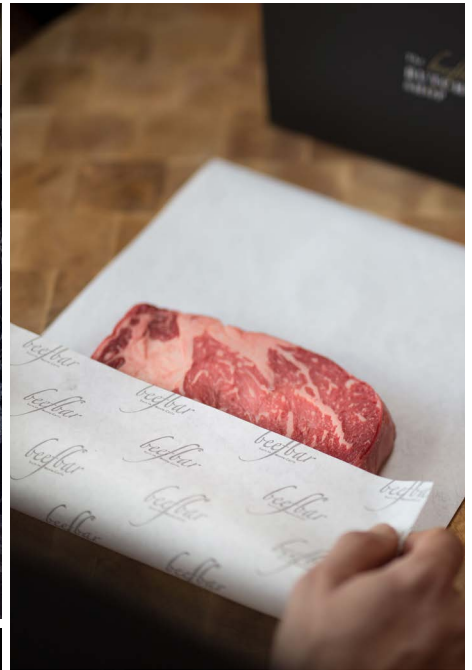
How was the service? Led by a team of predominantly Italian-natives, expect service with charm here. Attentive, but not overbearing, the front of house staff ensures your dining experience is really enjoyable.

The bottom line: Crazy Fish is laid back and relaxed, but allows you to enjoy a refined dining experience. Beautiful, fresh ingredients, cooked simply and superbly. A great venue to share dinner with a loved one or a small group of family or friends. The restaurant is open six-days a week from 7pm to 1am, and is closed on Saturdays.

Want to go? Around Dhs390 per person for a 4-course meal per person, excluding beverages. Call 04-3529429 or e-mail reservations@crazyfishdubai.com.



Photographs SUPPLIED



Where?
BEEFBAR, AL FATTAN
CURRENCY HOUSE, DIFC

Dining experience: Dinner

What's it like? Representing the world's sixth 'Beefbar', following Hong Kong, Mexico, Mykonos, Cannes and Monaco, where it was born, Beefbar Dubai opened doors last month. It's a carnivore's dream venue, comprising a premium butcher's shop, restaurant, bar, lounge and terrace.

As you enter, large display fridges house some of the world's most sought-after beef cuts – including Kobe – real, legitimate Certified Japanese Kobe beef (yes!).

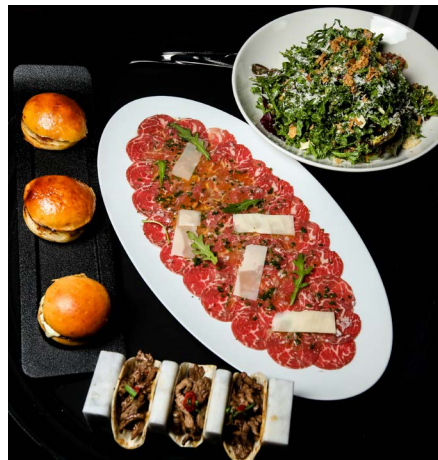
Inside the lounge and restaurant, interiors are warm and inviting with quality black marble, dark woods and gold accents, leather sofas and romantic, dimmed lighting. It's luxurious, yet casual.

The bar and lounge area is segregated from the restaurant and offers a more up-beat vibe. The cocktails are fantastic, and can be enjoyed pre- or post-dinner with family or friends, as a live DJ plays the latest hits.

What are the food highlights?

Naturally, beef takes the limelight across the menu here – and deservedly so.

To start, although they may not be your first choice at such an establishment, I can't recommend the three mini Kobe and Angus hamburgers enough. They are truly divine, flavour-packed, succulent patties housed in soft, buttery brioche buns with assorted sauces: japapeno, hot hananero (not too hot), and truffle. The trio of tartare is also a must, which comes served with three small but generous portions of Kobe, Black Angus and veal tartare, topped



with caviar – it makes for the perfect start to the ultimate meaty experience.

Moving on to mains, a wide-range of beef cuts make-up most of the menu and include everything from Ranger Valley Australian Black Angus 'black Onyx', Creekstone Farm American USDA Certified Black Angus Beef and the Beefbar Dubai exclusive, Certified Japanese Kobe. There's even Spanish Iberico lamb and Dutch milk-fed veal, plus a fish section (a very small fish section) for anyone whose inner-carnivore isn't feeling up to it.

Spoilt for choice, my dining partner and I opted for two different cuts to share – both of which were equally as impressive. The rib-eye cap was most tender and had great marbling, while the black Onyx fillet was juicy and bursting with flavour. The meat here boasts incredible flavour, which I later learnt is enhanced through a patented cooking method used by Beefbar to achieve a crispy seal on the meat which keeps it tender and juicy inside.

To accompany the meat, we splurged with three kinds of mashed potato – yes, three. I know that sounds extensive, but when the menu offers eleven types of mash, what's a girl to do?

We went with the creamy classic option, the Middle Eastern-inspired harissa chili pepper flavour, and lastly the Italian blue cheese with walnuts. I honestly can't pick a favourite as they were all perfect in their own way – each gorgeously pureed, smooth, creamy and delicious.

To finish, the pastry chef's super-sized soufflés are to die for. We shared a passionfruit and mango soufflé, as well as a chocolate and vanilla soufflé, and could no-where near finish either of them. It's a great sharing dessert (one between two).

How was the service? The friendly team at Beefbar is accommodating, friendly and extremely well-versed on the menu – with so many beef variants on the menu, we had quite a few questions, which were all well-answered by our server.

The bottom line: If you're a beef lover, this is a great spot to treat yourself, with indulgent, absolutely delicious food. In a market abundant with steakhouses, Beefbar has most definitely come onto the restaurant scene with a bold and unique personality. The restaurant is open six-days a week from 6pm to 1am (Sunday – Wednesday) and 6pm – 2pm (Thursday – Friday), and is closed on Saturdays. **Want to go?** Around Dhs400 per person for a three-course dinner, without beverages. Call 04 352 2223 or e-mail reservations.dubai@beefbar.com.

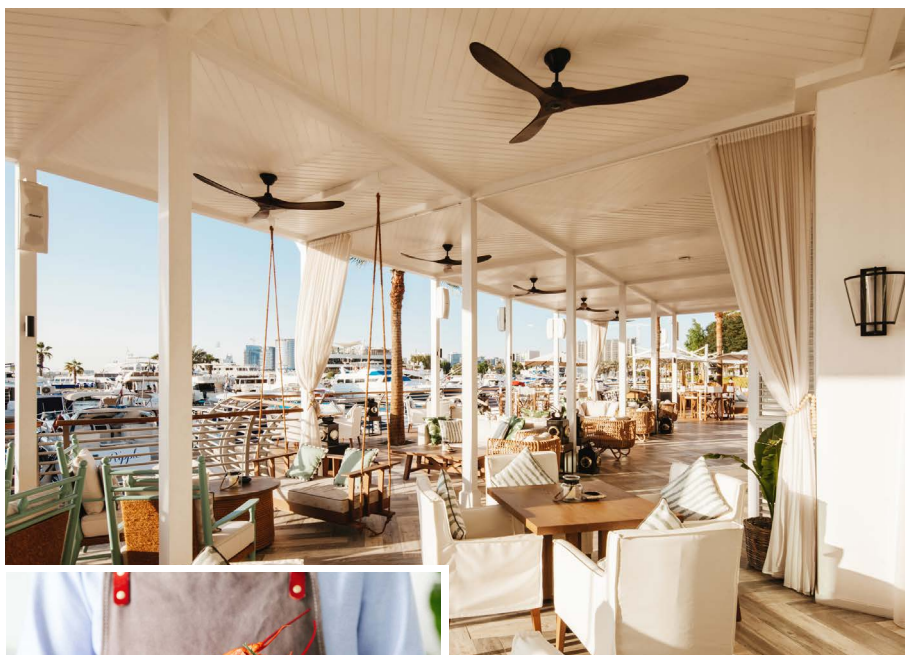
INTRODUCING: *THE PROMENADE*

Ultimate dining destination The Promenade at Park Hyatt Dubai features five vibrant concepts serving incredible cuisine from around the world. Encompassing something for everyone, choose from NOÉPE, Brasserie du Park, **seventy**seventy, The Thai Kitchen and the infamous award-winning Traiteur Brunch.

Last month saw the opening of Park Hyatt Dubai's stunning new F&B destination - The Promenade. Located on the picturesque banks of the winding creek, The Promenade is privy to sweeping views of the elegant marina, ensuring visitors are swept away from the bustling city lifestyle, to a serene sanctuary. Sophisticated fun is to be had at one of the five unique dining concepts each possessing its own distinctive character.

Three brand new venues, as well as the well-seasoned offerings of The Thai Kitchen and infamous award-winning Traiteur Brunch, come together seamlessly to create a dining destination unlike any other in the city.

*Dubai's
newest must-
visit dining
destination!*



THE PROMENADE'S NEW RESTAURANTS

NOÉPE

Bringing the charming aura of the luxurious waterside destination of Cape Cod to the shores of Dubai Creek, NOÉPE's pristine white and blue décor and al-fresco terrace rings true to the nautical theme, serving to facilitate utmost relaxation amongst guests.

The menu here showcases the very finest of New England's cuisine, utilising specially sourced ingredients prepared by skilled chefs. Signature

dishes such as the Maryland crab cakes, a New England favourite and Martha's seafood platter, named after the understatedly glamorous town of Martha's Vinyard in Cape Cod, will acquaint palettes with the luxe all-American offerings of the East Coast. Lobster enthusiasts will be enraptured by the lobster mac n'cheese, made from the highest quality produce fresh from Maine, immersed in a rich fontina cheese. In addition to this, the lobster sliders, taken from the street side of New England and given an upscale twist, whereby the regular bun is replaced with a warm brioche

bun enhancing the buttery flavour of the dish, are sure to have fans of the crustacean returning for more.

Complimenting the succulent variety of seafood is an array of refreshing beverages, providing the perfect pick up after a working day. Guests can socialise and connect over NOÉPE's sharing pitcher, concocted by infusing spirits with invigorating notes of hibiscus tea and rounded off with the tang of raspberries. Further facilitating relaxation is the beloved American spritz, classically created using bubbly, but given NOÉPE's partiality to the all-American experience, is created using only American grape. Also on offer is an extensive selection of American bubbly and hops that will sate the whims of all diners alike.

The light breezy atmosphere at NOÉPE is reminiscent of leisurely days spent at the seaside, and shall see diners exhaling away the hassles of city living, time and time again.

BRASSERIE DU PARK



Conceptually modeled after the quaint town of Deauville, Brasserie du Park's al fresco seating is reminiscent of the waterfront nature of the seaside town, offering ample opportunities for guests to savour views of the magnificent creek alongside a meal for a truly memorable dining experience.

Experience contemporary dining that combines French elegance with comfort, offering Normandy inspired brasserie cuisine in a relaxed atmosphere.

Catering to the refined palettes of the well-travelled, the Normandy-inspired restaurant prides itself on

providing wholesome dishes, featuring quintessentially French flavours that are simple yet genuine.

Signature dishes at Brasserie du Park include the likes of baked Camembert with cranberries and toasted walnuts – a simple but flavourful dish, typical of what you would find in Normandy. The renowned, original recipe of souffléed omelette of Normandy topped with fresh truffles from La Mere Poularde, a famous restaurant in Mont St Michel is also on the menu, alongside a must-try dish of whole French seabass baked in salt crust – perfect for sharing. Another dish high on the list is the potted stew of slow braised beef cheek with root vegetables, pan fried foie gras and puff pastry, which is served in the cooking pot straight from the kitchen just like French families would serve it.

When it comes to drinks, Brasserie du Park pays homage to Normandy's finest, with beverages like French Normandy Cider, Kir Normand and Calvados (apple brandy made in the Calvados area in Normandy), all available – not forgetting French hops: 1664 Kronenbourg, which is commonly found in brasseries around France.

SEVENTYSEVENTY



The ultimate bar for grown-ups, **seventy**seventy, offers a refined space, modelled on the sleek design of the early 70's era. Well curated interiors masculine décor and plush sunken lounge seating combined with accent lights and the retro glamour of a working record player, is set to attract an urban sophisticated crowd who appreciate the finer things in life.

Signature cocktails, artfully created by experienced mixologists shall bring together flavours in a creative manner, piquing the interests of patrons seeking a quick after-work drink, a pre-dinner cocktail or a nightcap set against a backdrop of iconic music from this memorable era.

The ideal space for gathering with friends or family, **seventy**seventy offers sunken living room seating and impeccable service – lending itself as a superb spot to wind-down, relax and enjoy perfected beverages.



The art of **JAPANESE COOKING**

Ahead of the imminent opening of contemporary Japanese restaurant, Morimoto Dubai at Renaissance Downtown Hotel, we speak to chef Masaharu Morimoto, owner of Morimoto Restaurants, to learn more of the high-anticipated eatery that'll span two high-rise floors, boast four terraces with Burj Khalifa views, a bar, live teppanyaki and interactive sushi counters. **By Sophie McCarrick**

Born in Hiroshima, Japan, Masaharu Morimoto is the chef and owner of Morimoto Restaurants. He has a worldwide following for his seamless integration of Western and Japanese ingredients, and is most commonly known through his role on *Iron Chef*.

Believe it or not, Morimoto set out to become a professional baseball player in Japan during his earlier days, but after a shoulder injury saw that career path close, the soon-to-be chef began studying sushi – an art he soon grasped that led him to open his first restaurant at just 24 years old.

Travelling to America five years later to build on his culinary experience, Morimoto found himself recruited to join the original Nobu restaurant, where he was fast promoted to executive chef.

From Nobu, he went on to open his first stateside restaurant in Philadelphia in 2001. Next was the debut of Wasabi by Morimoto at the Taj Mahal Hotel in Mumbai in 2004, followed by a second Wasabi at the Taj Mahal Hotel in New Delhi in 2008. The much-anticipated flagship restaurant, Morimoto New York, opened in 2006.

Today, there are additional Morimoto restaurants in, Mexico City, Bangkok, Las Vegas, Maui, Morimoto Sushi Bar in Boca Raton, Morimoto XEX in Tokyo, and Morimoto Asia in Orlando, Doha and soon-to-open Morimoto Dubai.

Chef Morimoto first competed on Japanese television show *Iron Chef* in 1998 and then became one of the stars of Food Network's *Iron Chef America* in 1999. As *Iron Chef*, Morimoto was able to showcase his flawless technique and creativity with unique ingredients in front of millions of Americans. Chef Morimoto returned to the *Iron Chef* challenge in the spring of 2017 with "Iron Chef Gauntlet".

Talking on the upcoming opening of Morimoto Dubai, here's what chef Morimoto shared with us...

How would you describe the dining experience at Morimoto Dubai?

The restaurant is on the top two floors of the Renaissance Downtown Hotel, with an open ceiling space which gives you a really good sense of freedom and openness. Once you step out to our terrace, the mighty Burj Khalifa will be right in front of you. It's a breathtaking view.

Morimoto Dubai offers an extensive teppanyaki area and menu, that's something unlike other Morimoto restaurants around the world. We have teppanyaki chefs from Japan. I think everyone will really enjoy the experience. Of course, we also have Morimoto signature items which I'm very proud of, as well as dishes inspired and arranged based on Dubai's culture and palate.



How does Morimoto Dubai's offering differ from other Japanese outlets in the city?

I can't say how it differs from other Japanese restaurants in Dubai because I haven't tried any of the places. I guess it is for the guests to see and how we do things differently including our quality of service, music, uniforms, lightings, designs, ambience, and overall hospitality.

What are some of your signature, 'must try' dishes that you'd recommend ordering at Morimoto Dubai?

Sushi and sashimi go without saying, and I take pride in my teppanyaki menu too. But if I have to choose only one dish, I would pick the tuna pizza. I recommend it because it's such a fun and accessible dish, even for people who have never tried eating raw fish before with its presentation as 'pizza'.

For our readers that would like to try making sushi at home, what ingredient essentials are needed from the supermarket?

Rice, sushi vinegar (already seasoned and ready to use), soy sauce, and seaweed (optional). A rice cooker would be helpful too. As far as what goes on top or inside of your sushi, you can go ahead and try anything you like; fish, meat, sausage, vegetables...

Some might think that Japanese cuisine is complicated and mysterious, but that's not true. You can try making it at home. It'll be fun. One of the things I'd like to do as a sushi chef is to bring sushi closer to people and closer to home. That's why I like to demonstrate and teach how to make sushi, which is something I'll be doing in Dubai.

What are your top tips for rolling the perfect sushi roll?

Don't go for perfection. That's a tip I can give. Roll sushi with and for your family, children, friends. That's what makes it perfectly good.

Let's talk about sushi etiquette! What's the correct way to eat sushi and sashimi?

The correct way is difficult to explain. It all depends where you are. You can eat in any way you like. But to give a couple of tips, you might want to avoid mixing wasabi in your soy sauce because nigiri sushi already has wasabi in it. Also, when you dip your nigiri sushi in soy sauce, dip it with the fish side down. Otherwise the rice will be drenched in soy.

Tell us about yourself, and how your journey in the kitchen began...

I had two dreams growing up, one was to become a professional baseball player, and the other one was to become a sushi

chef. As a shoulder injury ended my career as a catcher, I started working at a sushi restaurant right after graduating from high school.

What are your thoughts on the Middle East's F&B scene?

I take a great interest in Middle Eastern culture including its food. One of the reasons I chose to open in Dubai was that I thought that this city will understand my cuisine so I will be able to express what I envision through my food and restaurant.

Do you have any other expansion plans to come in this region?

I opened in Doha in October. As to other expansion plans, I suppose it's up to Dubai; I want to see how I do here first. Considering the physical distance between the restaurant and my base, I should be cautious. When I feel confident in operating in this region, I will definitely want to try to come back to do more.

For those who haven't yet visited Japan, where would you recommend going for the best culinary experience?

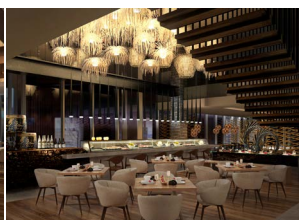
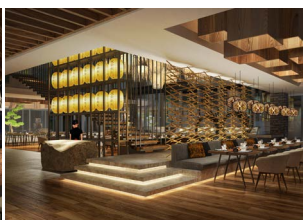
Anywhere you go in Japan, you will be able to find satisfying quality culinary experience that meets your budget. Japanese food is not all about sushi, tempura, and sukiyaki. There is a lot more.

If you're interested in trying some very traditional and typical Japanese cuisine, and if you don't mind a stiff and formal ambience, Kyoto is a good place to go. The city is used to tourists and visitors from other countries so you will be fine. That doesn't mean they speak English though...

To find out more about chef Morimoto, follow him on Instagram @chef_morimoto or visit ironchefmorimoto.com

Sneak peek

Here's what Morimoto will look like inside...





Without a bunch of time on your hands and a proper smoker, it can be difficult to create great smoky, BBQ flavours at home. With a wealth of experience under his sleeve, Pit Master Hugh Mangum of Mighty Quinn's says that being equipped with a few special ingredients and cooking techniques, you can add the element of smoke to any dish. Here's his top tips for creaking smoky flavours at home, without spending too much time in the kitchen during your next backyard BBQ...

What ingredients should be on the shopping list for creating smoky flavours?

There are ingredients you can use to enhance your food and give it a smoked accent. Whether it be smoked sea salt, pimenton (smoked paprika) or chipotles (smoked jalapeños), these ingredients can be used to transform dishes you may already make in a new way.

What equipment should be used to smoke ingredients?

You can also use an indoor stovetop smoker to smoke tomatoes, onions or garlic and use them as you usually would as the base for a dish but with the added element of smoke it can breathe new life into that dish.

For our home cooks, what's the easiest way to smoke food?

The simplest way to get some smoke flavour is to take your favourite grilling recipe and use some soaked wood chips on the hot coals of your grill with the lid down to add

Backyard BBQ

The Pit Master himself, Hugh Mangum, Co-Founder of the New York-born barbeque dining concept Mighty Quinn's – now open at JBR and The Dubai Mall – lends his top tips for creating smoky, BBQ flavours at home

Mighty Quinn's

Straight from the city of Manhattan, New York's homegrown barbeque dining concept, Mighty Quinn's has opened in two locations in the UAE – Jumeirah Beach Residence and The Dubai Mall.

With branches across the globe, including New Jersey, Taiwan and the Philippines, America's popular barbeque spot brings its appetite for spiced, wood-smoked meats to Dubai. Combining traditional BBQ techniques with fresh ingredients and a selection of succulent cuts, the eatery prepares signature dishes in their conventional in-house smoker designed to bring out the rich BBQ flavour that Mighty Quinn's is known for.

Led under the culinary direction of Pit Master, Hugh Mangum, Mighty Quinn's focuses on three key elements: smoke, spice and time. With a menu highlighted by a unique selection of barbeque staples, including slow cooked tender brisket, a ginormous Brontosaurus Rib as well as a diverse range of hearty sandwich creations and meats, Magnum's kitchen serves up the most mouth-watering specials, cooked to perfection.

Try at home

RECIPES FROM MIGHTY QUINN'S UAE



some smoky flavour. Take your favourite leg of lamb recipe and add some soaked fruit wood chips to the coals beneath it while it cooks. This won't be proper "smoked" meat but you will impart some smoke and natural wood flavour to the meat that will impress your guests and make the party smell good as well!

Smoking isn't just for meat, is it? What would you recommend for our readers to try at home if they're feeling adventurous?

You can smoke vanilla beans and make smoked vanilla bean ice cream, which may sound crazy but is incredible and will make you look at desert in a whole new way.

MEET THE PIT MASTER

Mighty Quinn's JBR, co-founded by Pit Master Hugh Mangum leads the first flagship of the Manhattan born concept, and more recently, Mighty Quinn's The Dubai Mall, represents the second opening.

Born and raised in Texas, Mangum grew up with a passionate taste for barbeque, expressing a special connection to the perfected southeastern style meat prepared by his father and learning to true cooking techniques in preparing slow-smoked meats and poultry which steered his decision to join The French Culinary Institute in New York.

In 2001, as a fresh graduate equipped with the ambitious 'lust for life' Mangum was welcomed by acclaimed Chef Greg Brainin at Jean Georges, who encouraged his unique talent at the meat station. Later he was part of the launch of the Smoking Lil's barbeque concept before moving on to serve as Chief Creative Officer/ Executive Chef at Jules Thin Crust.

Determined to hone the legacy of his late father, and with the encouragement of his cousin-in-law and his wife, Mangum decided to take a leap of faith and invested in what was initially a passion project into the distinctive New York style eatery, Mighty Quinn's named after his first venture into owning a dining concept. He quickly realised the growing popularity and partnered with Christos Gourmos and stepbrother Micha Magid, launching a flagship in East Manhattan and fast expanding the brand in the US and internationally.

Brisket Sandwich

- 1 lb. Fresno chilies (sliced in rings)
- 1 whole packet brisket
- 2 cups apple cider vinegar
- 1 cup granulated sugar
- 0.25 cup kosher salt
- 1 tbsp mustard seeds
- 1 tbsp coriander seeds
- 2 tbsp black peppercorns
- 6 garlic cloves
- 1 bay leaf
- 2 pickled cucumbers (sliced)

- 1 Season brisket with a dry rub of kosher salt, fresh ground black pepper and paprika. Let the brisket sit in the refrigerator for 12-24 hours. After letting the brisket sit, start a fire on the smoker to reach a temperature of 225 degrees.
- 2 Place the brisket on the smoker away from the hotspot, fat side up and smoke for 18-24 hours, while maintaining consistent temperature throughout. Pull brisket once it reaches 185 degrees and rest for an hour prior to serving. To serve, slice the brisket against the grain in slices and serve with a bread of your choice, topped with pickled cucumbers and chillies.

Mac and cheese

- 1 lb. pasta
- 2 cups milk
- Butter (for roux)
- Flour (for roux)
- 2.5 cup cheddar cheese
- 1 cup jack cheese
- 1 cup mozzarella cheese
- 1 cup pecorino romano
- 2 brioche rolls or bread of choice (broken into small pieces)
- 4 sprigs rosemary (roughly chopped)
- 5 cloves garlic (minced)
- 4 tbsp butter (melted to frothing)

- 1 Add the garlic and rosemary to the butter and stir. Cook the pasta until almost done, drain and keep aside.
- 2 Make a béchamel by combining the butter and flour to start a roux. Once light golden, add 2 cups of milk and stir until it reaches a smooth and thick consistency. Then, add 1 cup cheddar, 1 cup jack cheese, 1 cup mozzarella and 0.5 cup of pecorino romano. Season with salt and pepper before adding pasta into the roux.
- 3 Drizzle the rosemary butter over the bread and then layer over pasta along with the remaining cheddar and pecorino romano.

Visit Mighty Quinn's

@mightyquinnssbbquae

Mighty Quinn's, Jumeirah Beach Residence
+971 4 380 1888
mightyquinnss.jbr@altawfeeqhospitality.com

Mighty Quinn's, The Dubai Mall
+971 4 341 7158
mightyquinnss.dm@altawfeeqhospitality.com

dinner dash FETA

Three new, simple and delicious ways to enjoy feta cheese

recipes ESTHER CLARK photographs MIKE ENGLISH

Salmon with beetroot, feta & lime salsa

SERVES 2

Chop the beetroot and feta into small cubes and mix with the juice and zest of one lime and some seasoning. Season the salmon. Heat 2 tbsp of oil in a non-stick frying pan over a high heat. When hot add the salmon, skin-side down, and cook for 3 mins. Flip over, turn the heat down and cook for a further 4-5 mins. Serve with the beetroot salsa and the remaining lime, cut into wedges.

GOOD TO KNOW folate • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 556 kcals • fat 39g • saturates 9g • carbs 12g
• sugars 10g • fibre 4g • protein 36g • salt 1.2g



Roasted feta

SERVES 2 V

Tip the antipasti and its oil into a roasting tin, squeeze over the lemon juice, reserving the zest, and place the feta in the middle of the tin. Season with black pepper and drizzle over a little extra olive oil. Bake in the oven at 180C/160C fan/gas 4 for 25 mins. Toast the pittas for 1-2 minutes until warmed through. Scatter the lemon zest over the feta. Serve with the pittas.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 540 kcals • fat 27g • saturates 15g • carbs 40g
• sugars 15g • fibre 10g • protein 26g • salt 2.90g

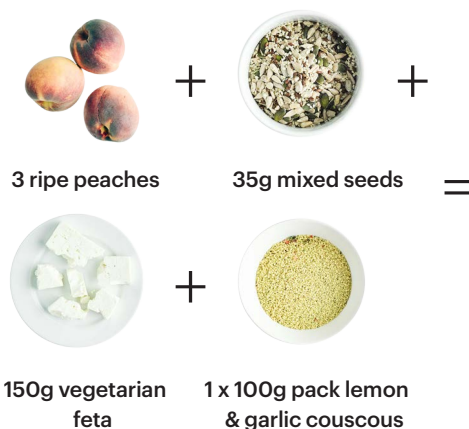


Feta & peach couscous

SERVES 2 V

De-stone and quarter the peaches. Put in a roasting tin with the seeds, chunks of feta and drizzle over 3 tbsp olive oil. Bake for 12-15 mins at 200C/180C fan/gas 6. Cook the couscous following pack instructions. Toss the couscous with the roasted peach mixture and season to taste before serving.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 573 kcals • fat 27g • saturates 13g • carbs 54g
• sugars 16g • fibre 7g • protein 25g • salt 2.74g





Middle Eastern flavours at Le Patio

A chic, serene getaway from the hustle and bustle of the city, Le Patio at The St. Regis Dubai, Al Habtoor City is a restaurant offering contemporary Arabic food to share.

Le Patio offers a relaxed and elegant experience in a picturesque, courtyard setting. The centre of the courtyard captures attention with an atmospheric water feature, surrounded by olive trees and quaint white tables with zesty yellow accents. The ideal place to enjoy a balmy Dubai evening in peaceful surroundings, Le Patio serves an extensive selection of shisha flavours using the best quality tobacco, including its very own signature 'Le Patio Blend'.

Chef Kareem Ashmawy and his exceptional culinary brigade unveil a carefully curated menu featuring signature dishes of tantalising appetizers, salads and light-bites as well as traditional favourites and rich desserts. Le Patio menu is a creative take on classic Middle Eastern favourites influenced by global flavours.

Choose from Cajun Calamari, signature Le Patio Spa Salad and a range of hot and cold mezze options, before diving into the wholesome Pides, creamy pastas and hearty sandwiches. With an extensive main course selection featuring dishes like Chermoula Spiced Prawns, Crusted Dukkha Lamb Rack and a mouthwatering Harissa Chicken, Chef Kareem invites guests to experience an Arabian culinary journey like no other. End your meal on a sweet note with a delectable dessert menu, highlighted by traditional favourites such as Umm Ali, Turkish Kunafa, Mohlabia, Date Pudding and a selection of Baklava.

LE PATIO

Second floor, The St. Regis Dubai – Al Habtoor City
Open: Daily, 1pm-3am
Call: +971 4 435 5577
E-mail: lepatio.dubai@stregis.com
Visit: lepatiodubai.com

Don't miss

MASHAWI NIGHTS

It is time to sizzle with Dubai's most chilled barbeque experience under the stars at Le Patio. Enjoy tantalizing Arabian flavours including succulent chicken and meat skewers grilled to perfection on live stations. The food and ambience will have you coming back for more. Priced at AED 220 per person

SHISHA & SORBET

Experience the perfect blend of signature sorbets and aromatic shisha flavours at Le Patio. Spend evenings in the company of friends and family exploring sweet delights while socialising in charming courtyard settings. Sorbet is priced at AED 20 (1 scoop), AED 30 (2 scoops), and AED 40 (3 scoops).

Prime cuts

Not sure which steak to choose? **Barney Desmazery** explains the distinct characters of different cuts
Photographs TOM REGISTER



FIRM AND MARBLED WITH FAT

Also known as entrecôte, sirloin comes from the loin towards the middle of the animal. Sirloin has a strip of fat that runs along the top – this can be browned first, then the steak can be fried in the fat.

Sirloin is considered to be a prime steak, like fillet, but it has more flavour. Boneless steaks can be cut to the thickness of your liking, but for two people, it's better to buy a thick steak and carve it after cooking, rather than buying two thin ones. Best served medium-rare.

PERFECT FOR SHARING

T-bone is a great steak for sharing as it's part-fillet and part-sirloin, attached by a bone. It's cut from the back of the animal. (A Porterhouse steak is a thicker T-bone, cut from the rear end of the joint.) To make sure T-bone cooks evenly, it's best finished in the oven. Slice at the table so each person gets a bit of fillet and a bit of sirloin.

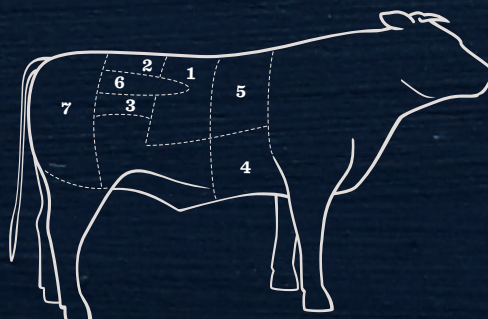


GOOD VALUE

Also called hanger steak, onglet is the cut of choice in a classic steak frites. It's a very lean, rope-shaped muscle that runs along the diaphragm. Onglet has a deep flavour but needs to be served rare otherwise it becomes tough. As there is so much texture to onglet, it's nice to cut it into slices before serving.

DRY-AGED STEAK

Good butchers will age their fattier cuts, such as rib-eye and sirloin. The ageing process gives the beef a more pronounced flavour and tenderises it. Dry-aged steak will be 'hung' for at least two weeks, but can be kept for up to seven weeks for a really deep flavour. Supermarket steak isn't dry-aged unless it says so on the label – 'aged' just means it's been vacuum-packed for 28 days.





CLASSIC BISTRO CUT

Bavette or goose skirt has a loose-grained texture and is a flavoursome, cheap cut taken from the flank. Bavette should be cut into slices across the grain. It is best served no more than medium and is a great cut for barbecuing.

TOTALLY TENDER

Fillet is prized as the most tender cut, and also the most expensive. It has little fat, which means that it isn't as flavoursome and is best served as rare as you like – it's the cut used in the raw beef dish carpaccio. Fillet makes for neat individual steaks that are best pan-fried in butter.



A BONELESS STEAK FOR ONE

From the rib we get two classic cuts. Firstly rib-eye, which is a boneless steak, usually for one. The other is a rib on the bone, also known as a côte de boeuf, which traditionally serves two. However, it is very generous and can easily feed three or four.

There is a new cut of rib known as tomahawk – essentially a trimmed côte de boeuf with a very long rib bone. Whichever cut you choose, rib has fat running through the meat, so even if you like steak rare, rib is best served medium-rare so that the heat cooks the internal fat.

FULL OF FLAVOUR

The opposite to fillet, rump has lots of flavour and texture but with a much more affordable price tag. Rump can be cooked as individual steaks, flash-fried and served whole or barbecued as a large piece.

A thick slice can easily feed a family of four. Rump can be cooked to whatever degree you like.





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THRILL OF THE GRILL

Master the grill while the weather is still enjoyable outdoors, with a selection of our favourite barbeque recipes



Onglet with red wine shallots, p30

All-American T-bone

The T-bone is a favourite American cut, taken from the sirloin. The steak includes a T-shaped bone with meat on each side (fillet on one side and sirloin on the other), making this perfect for sharing. Pair this juicy steak with all-American onion rings and a lettuce wedge salad for the ultimate steak dinner for two.

SERVES 2 PREP 5 mins COOK 12 mins EASY

700g/1lb 9oz T-bone steak
(see our guide to steak cuts, p22)
2 garlic cloves, bashed
1/2 small pack thyme
1/2 tbsp olive oil
50g/2oz butter

- 1 Heat oven to 200C/180C fan/gas 6. Put an ovenproof griddle pan on a high heat. Season the steak on both sides, then rub both sides with the garlic cloves, thyme and olive oil. Put the steak in the hot pan and char the underside for 2 mins or until griddle lines appear. Turn the steak over to brown the other side, rub the top with the thyme again, then lay the thyme and garlic on top of the meat.
- 2 Once evenly browned all over with griddle lines, put the thyme and garlic to one side, hold the steak with a pair of tongs to cook its fatty side and render it down so it's soft rather than gristly. This will take a few mins. Lay the steak flat again, put the thyme, garlic and butter on top and transfer the pan to the oven to finish cooking for 4-5 mins, until the meat reaches 62-65C on a probe thermometer (or until cooked to your liking).
- 3 Rest the meat for 5-6 mins. Serve on a board or large plate in the middle of the table.

GOOD TO KNOW gluten free
PER SERVING 808 kcals • fat 64g • saturates 31g • carbs 1g • sugars none • fibre none • protein 57g • salt 0.6g

Iceberg wedge salad with blue cheese dressing

SERVES 2 PREP 10 mins NO COOK EASY V

50ml/2fl oz buttermilk
50g/2oz soured cream
50g/2oz mayonnaise
1 tsp lemon juice
75g/2 1/2oz blue cheese, crumbled
1/2 small pack chives, snipped
1 iceberg lettuce, washed and quartered
25g/1oz walnuts, toasted and chopped

- 1 Make the dressing in a medium-sized bowl by combining the buttermilk, soured cream, mayonnaise, lemon juice and 50g of the blue cheese. Season and stir through the chives. Chill until ready to serve.
 - 2 When ready to serve, pour half the dressing over the lettuce wedges and crumble over the remaining blue cheese and a scattering of walnuts. Serve the rest of the dressing on the side.
- GOOD TO KNOW** calcium • folate • 1 of 5 a day
PER SERVING 516 kcals • fat 46g • saturates 16g • carbs 8g • sugars 8g • fibre 3g • protein 15g • salt 1.1g

Best-ever onion rings

Soaking the onion slices in buttermilk takes the raw edge off them so they taste more mellow.

SERVES 2 PREP 15 mins plus soaking COOK 3-4 mins A LITTLE EFFORT V

2 onions, sliced into 1cm/1/2in-thick rounds
400ml/14fl oz buttermilk
140g/5oz plain flour
1/2 tsp cayenne pepper
vegetable oil, for deep-frying
50g/2oz cornflour
150ml/1/4pt lager
flaked sea salt, to serve

- 1 Put the onions in a large bowl, pour over the buttermilk and cover with cling film. Leave to soak at room temperature for 30 mins-1 hr.
 - 2 Put 100g of the plain flour on a large plate and stir in the cayenne with a little seasoning. Drain the onion rings, then coat in the seasoned flour.
 - 3 Half-fill a large saucepan with the oil and heat until it reaches 180C on a probe thermometer (or until a piece of bread crisps in 20-30 secs) or heat a deep fat fryer to 180C. Make the batter by combining the remaining plain flour with the cornflour and a pinch of salt. Make a well in the centre and pour in the lager. Stir to combine until smooth.
 - 4 Dip each onion ring in the batter and fry for 3-4 mins or until crisp. Drain on kitchen paper and sprinkle with the salt.
- GOOD TO KNOW** 1 of 5 a day • good 4 you
PER SERVING 498 kcals • fat 14g • saturates 2g • carbs 77g • sugars 8g • fibre 5g • protein 9g • salt 0.6g



Seared sirloin with Japanese dips

Wagyu beef, popular in Japan, is prized for the marbling of fat that runs through it. It's expensive, so the best cut to replicate it is sirloin.

This recipe is based on the southern Japanese dish tataki, which means 'hit into pieces'

SERVES 2 **PREP** 25 mins **COOK** 10 mins **EASY**

400g/14oz whole piece of sirloin (see guide on page 22), trimmed of excess fat

1 tbsp sunflower oil

thumb-sized piece ginger, finely grated

1/4 cucumber, peeled and cut into matchsticks

small handful mustard cress

2 tsp toasted sesame seeds
cooked sticky rice, to serve (optional)

For the ponzu dipping sauce

4 tbsp soy sauce

juice 1 lime

large pinch of chilli flakes

small pinch of white sugar

For the wasabi cream

1 tbsp wasabi

5 tbsp soured cream

1 Rub the beef generously with oil and season well. Heat a heavy frying pan and sear the beef on all sides for about 8 mins in total for very rare, 10 mins for rare and 12 mins for medium-rare. Remove from the pan and set aside.

2 While the meat is resting, prepare the accompaniments. For the ponzu dipping sauce, mix all the ingredients together with a splash of water until the sugar has dissolved, then set aside. For the wasabi cream, stir the ingredients together until completely mixed, then set aside.

3 After the beef has rested for 10 mins, use your sharpest knife to carve it into thin slices. Fan the slices out on a serving platter, scatter with the cucumber, then the cress, followed by the sesame seeds. Bring to the table with the two sauces and the ginger in small serving dishes for dipping and spreading over the beef slices. Serve with chopsticks and sticky rice on the side, if you like.

GOOD TO KNOW iron

PER SERVING 465 kcs • fat 28g • saturates 11g • carbs 8g • sugars 5g • fibre 1g • protein 46g • salt 5.8g

3 steps to steak heaven

Apply these three golden rules to any steak you cook and you should have great results every time:

1 Make sure your meat is at room temperature before cooking – this ensures it cooks evenly.

2 Get your pan hot enough to seal and brown the meat properly, so it's more flavoursome.

3 Rest a thick-cut steak before serving to retain its juices.

CHOOSE THE RIGHT CUT OF STEAK FOR YOU – SEE OUR GUIDE ON PAGE 22





Onglet with red wine shallots

Onglet is also called hanger steak. It delivers lots of flavour and is best cooked rare to keep it tender.

SERVES 2 PREP 20 mins COOK 30 mins EASY

85g/3oz butter
400g/14oz piece of onglet steak (see our guide on page 22), trimmed into a neat 'fillet', trimmings reserved and chopped
2 banana shallots, 1 finely chopped, 1 finely sliced into rings
1 thyme sprig
1 bay leaf
1/2 tsp plain flour
300ml/1/2pt red wine
handful finely chopped parsley, to serve
Dijon mustard, to serve

1 To make the base for the sauce, heat a third of the butter in a shallow pan and sizzle the meat trimmings, chopped shallots and herbs until lightly browned. Scatter over the flour, cook for a few mins until pasty, then pour over the wine and boil until reduced by half and slightly syrupy. Strain the sauce through a fine sieve into a jug and set aside until needed. Can be made up to 2 days in advance, covered and chilled.

2 Heat another third of the butter in a frying pan until sizzling. Fry the well-seasoned steak in the butter for about 12 mins in total so it's caramelised on all sides. This cut of meat only suits being cooked to a maximum of 15 mins for medium – 12 mins will give you rare. Remove the meat from the pan and leave to rest.

3 Add a touch more butter to the pan and cook the sliced shallots until caramelised. Pour in the prepared sauce, bring back to a simmer and stir in any remaining butter. Taste the sauce for seasoning and turn off the heat.
4 Carve the steak into slices across the grain and place on a platter. Spoon over the saucy shallots and

pour over the reserved sauce. Scatter over the parsley and serve with the chips and mustard.

GOOD TO KNOW iron
PER SERVING 698 kcal • fat 46g • saturates 27g • carbs 2g • sugars 1g • fibre 1g • protein 42g • salt 0.9g

Cheat's real chips

SERVES 2 PREP 10 mins COOK 25-30 mins EASY

450g/1lb Maris Piper potatoes, cut into chunky chips
sunflower oil, for frying (about 300ml/1/2pt)
flaky sea salt

1 To cook the chips, put them in a sturdy saucepan that holds them in a double layer and still has plenty of space above them. Pour over enough cold oil to cover them by about 2cm. Put the pan on a high heat and bring the oil to the boil, stirring the chips with a wooden spoon occasionally so they don't stick.

2 After about 20 mins the oil will clear and the chips will look like they are frying. Keep an eye on them, stirring with the spoon occasionally until golden and crisp. Scoop them out with a slotted spoon into a dish lined with kitchen paper, and season with flaky sea salt. Serve with the steak.

GOOD TO KNOW vegetarian • fibre • gluten free
• good 4 you
PER SERVING 442 kcal • fat 15g • saturates 1g • carbs 64g • sugars 1g • fibre 6g • protein 9g • salt 0.1g



Super-luxe surf & turf

You can use live or frozen, raw or cooked lobster for this, whatever you can find (cooked lobster will only take a flash on the barbecue). Langoustines or large prawns would also work well.

SERVES 2 PREP 10 mins COOK 30 mins EASY
DIRECT HEAT

1 T-bone steak (around 750g)
2 tsp olive oil
1 lobster, cut lengthways, large claws twisted off and cracked
For the seaweed butter
100g unsalted butter
20g fresh seaweed (or 2 tsp kombu flakes or blitzed nori)
5g flaky sea salt

1 Heat your barbecue to high. Rub the steak with the oil, then season on both sides and set aside. To make the seaweed butter, blitz the butter with the seaweed and sea salt. Spoon onto some baking parchment and make it into a log shape by rolling it up and twisting the ends. Chill until needed.

2 When the coals are ready to cook on direct heat (see p54), hold the steak upright on the grill so the strip of fat down the side sizzles and crisps. Once it's nicely browned, lay the steak flat on the grill so the striploin (the larger side) is closer to the flames, and the tenderloin is on the edge of the barbecue – this ensures you cook each side evenly. Cook for 5 mins, then flip the steak over and put it on the other side of the barbecue so the strip loin is again nearest to the flames. Cook for 5 mins more, then cover with a lid and cook for 4 mins further each side for medium rare. Put the steak on a plate, top with a large slice of the butter, cover with foil and leave to rest.

3 While the steak rests, cut some slices of seaweed butter and lay them on the flesh side of each lobster half, then put on the barbecue (tails shell-side down). Cook for 5-10 mins, depending on how hot the barbecue is and if the lobster is raw or cooked. Wait until the shells turn orange-red – remove the tails when the meat is no longer translucent, but cook the claws for a few mins longer.

4 Serve the T-bone steak on a large board or serving platter, topped with or alongside the lobster tails and claws and more seaweed butter.

GOOD TO KNOW iron • gluten free
PER SERVING energy 674 kcal • fat 35g • saturates 16g • carbs none • sugars none • fibre 1g • protein 89g • salt 1.9g



tip
If you have opted for a live lobster, follow our instructions on how to prepare it on bbcgoodfoodme.com.



Three tips for barbecuing meat

Keep half an eye on the barbecue at all times – if the coals flare up when fat drips on them, move the food that's directly over the flames away, unless burnt is the flavour you're after.

Meat will release itself from the grill when it's ready – if you can't lift it off, wait until you can. Don't worry about neat grill-marks – a nice crust is better than even marks and uneven cooking.

To get the best flavour possible, season both sides of the meat. When it has finished cooking, let it rest so that the juices settle back into the meat.



Cooking on the coals

Cooking directly on coals, referred to as 'dirty BBQ-ing', is a great way to give your dish BBQ flavour. We've used foil to wrap the mussels, but you can whack meat or veg right on the coals if you like – just make sure you're using high-quality coals and no chemical lighter fuels. It's also a great way to get the most out of your BBQ, as you can use the coals' heat even when they've cooled too much to grill properly.

Mussels on the barbie

Serve this rustic take on moules marinière at the table still in its foil package. Partner with crusty bread to mop up the delicious sauce.

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** 1

COOK IN THE COALS

50g butter, softened
2 garlic cloves, finely sliced
2 shallots, halved and finely sliced
1 kg mussels
1 small pack parsley, roughly chopped
125ml white wine
100ml double cream
crusty bread, to serve

1 Mix the butter and garlic with a big pinch of salt. Heat the barbecue until the coals are ashy white (p54). Lay a sheet of tin foil about 60cm long on the kitchen counter, put another sheet of the same size on top, then add a third sheet about 30cm long across the middle of the other sheets to make a cross shape. Spread the shallots in the middle of the foil, pile the mussels on top, dot the garlic butter all over, then scatter over half the parsley. Season, then fold the foil in at the sides to create an oval bowl shape.

2 Pour the wine into the foil bowl and then seal it by scrunching the foil together at the top. Make sure that it's well sealed so that the mussels can steam - use an extra sheet of foil to wrap the whole parcel if necessary. Carefully place the parcel on the barbecue coals and cook for 10 mins. Open the parcel and check the mussels have opened up – hot steam will billow out, so be careful. Pour in the cream, cover if your barbecue has one and allow to cook for a few mins longer, so the smoky scents of the barbecue can get in.

3 Sprinkle with the remaining parsley and serve with warm crusty bread.

GOOD TO KNOW iron • folate • vit c • gluten free

PER SERVING energy 629 kcs • fat 51g • saturates 30g • carbs 5g • sugars 4g • fibre 2g • protein 27g • salt 1.9g

BBQ sardines with chermoula sauce

SERVES 4 **PREP 10 mins**

COOK 5 mins **EASY** **DIRECT HEAT**

8 whole sardines, gutted

2 tbsp olive oil

For the chermoula sauce

1 large pack coriander

1 small pack parsley

2 garlic cloves

1 preserved lemon, skin only

1 tsp ground cumin

½ tsp smoked paprika

¼ tsp chilli flakes

75ml extra virgin olive oil

You will need

8 metal skewers

1 Blitz all the ingredients for the chermoula sauce in a food processor (or finely chop) with a generous pinch of seasoning, then set aside. *Will keep in an airtight container in the fridge for up to three days.*

2 Heat the barbecue for direct cooking.

Rub the oil over the sardines and season well.

Thread each fish from head to tail onto a skewer, making a few slashes with a knife to each if you like.

3 Cook the sardines over the glowing coals for 2-3 mins each side until cooked through and nicely charred.

Drizzle over the chermoula sauce to serve.

GOOD TO KNOW iron omega-3 gluten free

PER SERVING energy 661 kJ fat 55g saturates 10g

carbs 1g sugars 1g fibre 2g protein 39g salt 0.7g

Face the spines of the whole fish towards the hottest part of the coals as these parts need more cooking



The complete BBQ lowdown

What you need to know to make BBQ-ing a cinch.

Four essential pieces of kit

Proper charcoal Sustainably produced charcoal – look for charcoal made from coppiced wood or Forestry Commission-approved wood – lights easily, burns better and won't taint flavour, unlike charcoals containing accelerants.

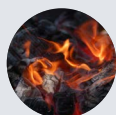
Chimney starter Using one means you can light charcoal easily with a few sheets of newspaper.

Thermometer Testing the temperature of your food helps to prevent disasters. We like Thermapens (thermapen.co.uk), which have a temperature probe that folds away for safe storage in your cutlery drawer.

Long-handled tongs Barbecues are hot and you need to keep your distance – ordinary tongs are not long enough.

Colour guide to when your coals are ready

If you try to cook something when the coals aren't ready, it may overcook or burn – it's not a risk worth taking.



Black or grey with flames – not ready yet. Step away, have a beer and relax.



Glowing white hot with red centres (blow very gently to check) – ready for direct heat.



Ashy white but still very hot – ready for indirect heat or cooking in the coals.

Direct and indirect heat

How you arrange your coals will give you different heat zones and more control over your BBQ

Direct heat

If you think of a BBQ as a stovetop, lighting an even layer of coal is the equivalent of cooking everything on the highest heat in the hottest pan. Although this direct method might be fine for thin cuts of meat that cook quickly, it will cremate anything that needs more time to cook through.

Indirect heat

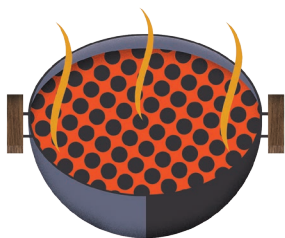
Push the coals to one side and keep the other side free to get a range of temperatures – use the coal-free side to cook by indirect heat.

Roasting and smoking

Add a lid to indirect heat to roast and smoke. The heat will be indirect and circulate like an oven.

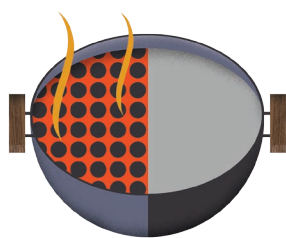
How to stack your coals

Get more control over your cooking by arranging the coals in the best way to suit your food



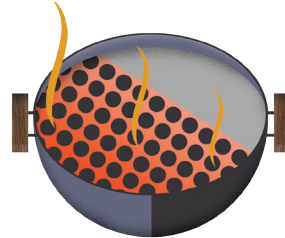
Direct heat

A single layer of coals at the same level provides a direct heat source – ideal for searing burgers, thin-cut steaks, or any foods that need a quick charring.



Indirect heat

Hot coals on just one side enable you to cook on one half and keep food warm on the other. If you have a kettle BBQ, this is the set-up for indirect low-and-slow cooking of large pieces of meat.



A little of each

By sloping the coals you get a gradient of heat from searing hot to sizzling gently. This is useful when barbecuing for a crowd – you can keep things ticking over at one end while cooking at full pelt at the other.

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Weekend treats

Treat yourself and the family this weekend to a big breakfast, a prepare-ahead barbecue and a two-in-one bake

recipes BARNEY DESMAZERY *photographs* WILL HEAP



The Great British
breakfast bap, p40

BBQ tandoori chicken shawarma

This dish has all the elements of a top-quality kebab, with added oomph. Marinate the chicken in yogurt, add Indian spicing and cook it on the barbecue for a smoky, charred-on flavour.

SERVES 6 PREP 20 mins plus at least 4 hrs marinating **COOK 45 mins**
MORE EFFORT

2 lemons, 1 juiced, 1 cut into wedges to serve
150g pot natural yogurt
4 garlic cloves
thumb-sized piece ginger, roughly chopped
1-2 green chillies (depending on how hot you like it)
small pack fresh coriander
½ tsp turmeric
1 tsp each ground cumin and garam masala
16 skinless, boneless chicken thighs
1 large baking potato, cut in half lengthways
6 shop-bought plain naan breads, to serve

1 Tip all the ingredients, except the chicken and lemon wedges, into a blender or a smoothie bullet with 1 tsp sea salt and whizz to a smooth paste. Pile the chicken into a bowl or large plastic container, pour over the paste and mix through so the chicken is completely coated. Cover and marinate for at least 4 hrs or up to 48 hrs – the longer, the better.

2 Light a lidded barbecue, and let the flames die down. Once the coals have turned ashen, pile them up on one side with a few coals scattered around the other. Starting and ending with half a baking potato, thread all the chicken onto two long metal skewers – so that both skewers go through each piece of meat – packing the thighs down between the potato halves so that they are really compact. Place the large chicken kebab to the side of the barbecue with only a few coals underneath. Pop the lid down and cook for 45-50 mins, turning every 15 mins, or until cooked through – prise the chicken pieces apart in the centre to check, or use a digital cooking thermometer; it should read 70C or more. Leave to rest for

5 mins. If cooking in the oven, heat to 220C/200C fan/gas 8. Sit the kebab across a roasting tin so it is suspended, or rest a wire rack over a roasting tin and place the chicken on top. Cook for 45-55 mins or until cooked through. Warm the naan on the barbecue or in the oven.

3 Bring the kebab to the table to carve, wrap with warm naans, and serve with the other salads and lemon wedges for squeezing over.

PER SERVING 299 kcals • fat 19g • saturates 5g • carbs 3g • sugars 2g • fibre none • protein 29g • salt 1.9g

Cabbage koshimbir

Think of this as an Indian slaw or crunchy cabbage salad.

SERVES 6 PREP 10 mins
COOK 2 mins EASY V

1 tbsp sunflower oil
1 tsp each black mustard seeds and cumin seeds
½ white cabbage, finely shredded or coarsely grated
1 red onion, finely sliced
1 green chilli, chopped (optional)
½ lemon, juiced

Heat the oil in a frying pan and warm the mustard and cumin seeds until they sizzle and crackle, then remove from the heat. Combine everything together in a mixing bowl with a large pinch of salt and serve. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW vegan • healthy • low fat • vit c • 1 of 5-a-day • gluten free
PER SERVING 48 kcals • fat 2g • saturates none • carbs 5g • sugars 4g • fibre 2g • protein 1g • salt none

Burnt aubergine raita

To make the most of a barbecue, always char vegetables while the coals are still too hot to cook meat on.

SERVES 6 PREP 5 mins
COOK 30 mins EASY V

1 aubergine
450g pot natural yogurt
small pack spring onions, finely sliced
small bunch fresh mint, leaves roughly chopped

While the barbecue coals are glowing orange, spend 10 mins charring the aubergine all over to blister the skin and make the

flesh limp. If not barbecuing, do this over a gas flame or under the grill – it should take about 20 mins. Leave to cool, then cut in half and scoop out the soft flesh. Mix everything together in a bowl and season to taste. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW healthy • low fat • 1 of 5-a-day • gluten free

PER SERVING 85 kcals • fat 3g • saturates 2g • carbs 8g • sugars 8g • fibre 3g • protein 6g • salt 0.2g

Tangy tomato relish

SERVES 6 PREP 10 mins NO COOK V

4 ripe tomatoes, chopped into small chunks
1 small onion, finely chopped
3 tbsp tomato ketchup
handful coriander, chopped

Mix together all the ingredients, except the coriander, with a pinch of salt. *Can be done up to three days ahead and kept in the fridge.* Stir through the coriander just before serving.

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free
PER SERVING 22 kcals • fat none • saturates none • carbs 4g • sugars 4g • fibre 1g • protein 1g • salt 0.2g





The Great British breakfast bap

This is more than breakfast – it's possibly the only meal you'll need to eat all day!

SERVES 4 **PREP** 5 mins
COOK 45 mins **EASY**

2 tbsp sunflower oil
4 pork sausages
3 handfuls frozen chips
4 rashers smoked back bacon
4 eggs
4 large floury soft white baps
400g can baked beans
butter, ketchup and brown sauce, to serve

1 Heat oven to 220C/200C fan/gas 7. Use 1 tbsp of the oil to lightly grease a large, shallow roasting tin. Scatter the chips over two-thirds of the tin and line the sausages up on the other third. Cook for 20 mins, then toss the chips around, turn the sausages and return to the oven 10 mins more until the chips are golden and the sausages browned. Push everything together to make room in the tin, then lay the bacon rashers in the space and return to the oven for 10-15 mins or until the bacon fat is crisp and sizzling.

2 Five mins before the bacon is ready, heat the remaining 1 tbsp of oil in a frying pan and fry the eggs however you like them. Heat the beans in a saucepan or in a microwave.

3 Split the baps so they are still hinged at one edge. Butter and sauce as you like, split each sausage lengthways and, building from the bottom up, layer the chips, sausage, bacon and egg. Present the bap open for extra sauce and to keep the yolk intact. Serve small pots of beans on the side for dipping and spooning over.

GOOD TO KNOW folate • fibre • 1 of 5-a-day

PER SERVING 612 kcals • fat 26g • saturates 7g • carbs 64g • sugars 7g • fibre 9g • protein 25g • salt 2.3g

Giant kids-can-make cookie

You can make this either of two ways: slightly undercook it, serve it warm and you'll have a gooey dessert that's great with ice cream; or cook it for longer and you'll have a great filler for the biscuit tin. Under-10s will need a hand, but older kids may be able to make it alone.

SERVES 6-8 **PREP** 15 mins
COOK 20 mins **EASY** unbaked

200g butter at room temperature, plus extra for the pan
250g light brown sugar
2 egg yolks
½ tsp vanilla extract
275g plain flour
1 tsp baking powder
150g chocolate chips
100g other cookie fillings, such as pretzels, chopped nuts, pieces of toffee or fudge, marshmallows
vanilla ice cream, to serve (optional)

1 Heat oven to 180C/160C fan/gas 4. Tip the butter and sugar into a large mixing bowl, beat until combined, then stir in the yolks and vanilla.

Tip in the flour, baking powder, chocolate chips, a pinch of sea salt and any other fillings you want to add. Mix until a crumbly dough forms.

2 Lightly butter a 25cm ovenproof frying pan. Spoon in and flatten the cookie mixture. For a gooey dessert, bake for 20 mins, leave to rest for 5 mins, then scoop straight from the pan and serve with ice cream, if you like. For a firmer cookie you can cut, bake for 30 mins, then leave to cool completely before cutting into wedges.

PER SERVING (8) 596 kcals • fat 29g • saturates 17g • carbs 76g • sugars 40g • fibre 2g • protein 7g • salt 1.2g





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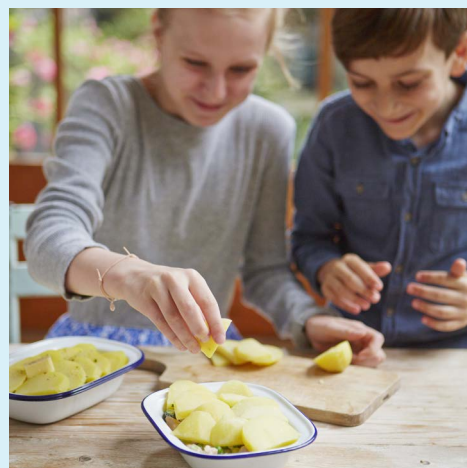
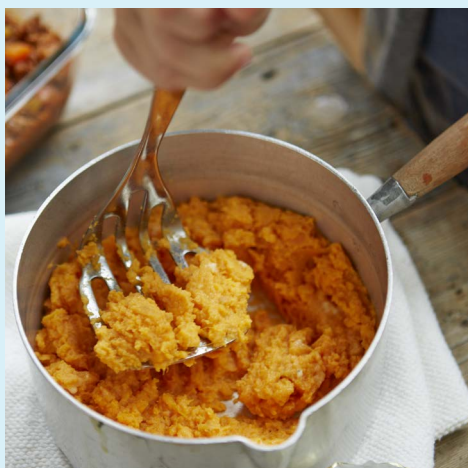
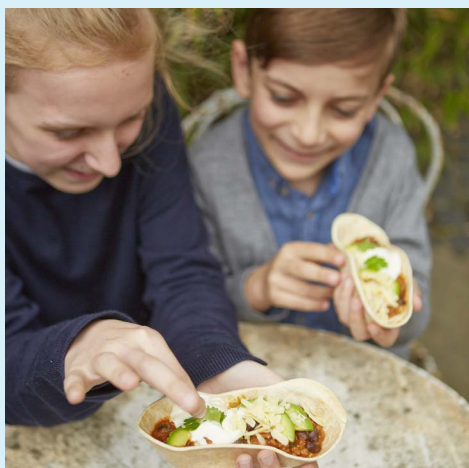
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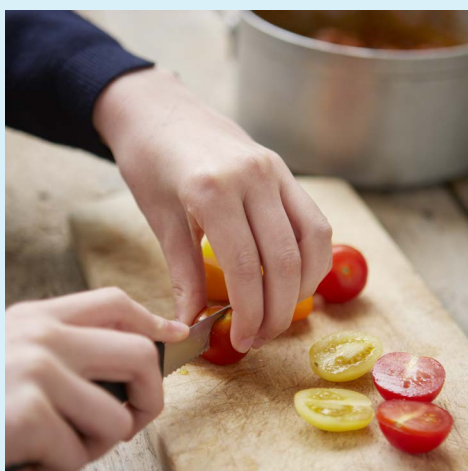
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FAMILY batch cook

Whether you cook during the calm of the weekend or on a free night in the week, prep-ahead recipes are fantastic time-savers. All these use one base to make three very different recipes

recipes LULU GRIMES *photographs* WILL HEAP





start with...

Chicken base

MAKES 3 batches **PREP** 20 mins
COOK 35 mins **EASY** ✨

75g butter
75g plain flour
750ml milk

1 tbsp olive oil
8 skinless chicken thigh fillets, cut into cubes
2 skinless chicken breasts, cut into cubes
1 onion, very finely chopped (optional)

1 Melt the butter in a saucepan, stir in the flour and cook for a few mins, stirring all the time. Now, using a whisk or spatula, carefully stir in the milk, a little at a time, making sure the sauce stays smooth. Bring the mixture to a simmer and cook for a couple of mins until it thickens – it will be very thick. Turn the heat right down and keep cooking for 5 mins, stirring often.
2 Meanwhile, heat the oil in a non-stick frying pan and fry all of the chicken in batches until it starts to colour lightly at the edges. Scoop out each batch of chicken and put it on a plate. Add the onion to the pan if you are using it, and cook over a low heat until soft. Add the chicken and any juices and the onion to the white sauce, fold it in and cook the mixture for a further 15 mins or until the chicken is cooked through. Divide the mixture into three. Freeze each batch in an airtight container for up to a month until you need it. Defrost fully before using in the recipes below.

PER SERVING 201 kcs • fat 10g • saturates 5g • carbs 8g • sugars 3g • fibre 1g • protein 19g • salt 0.3g

then use to make...

Chicken & leek pasta bake with a crunchy top

SERVES 4 **PREP** 10 mins
COOK 35 mins **EASY**

400g dried spinach pasta (we used Seeds of Change spinach trottole pasta, available from Tesco)
2 leeks, cleaned and finely sliced
1 courgette, grated
3 tbsp pesto
2 tbsp low fat soft cheese
1 batch chicken base
2 tbsp fine breadcrumbs

1 Cook the pasta following pack instructions. Put the leeks in a pan with a little water, cover and cook until very soft. Drain, then return to the pan with the courgette, pesto and soft cheese, stir everything together, add the chicken base and stir well, then heat until just bubbling. Add a splash of water if it's very thick.
2 Stir the pasta into the chicken mixture and tip into a large baking dish. Sprinkle over the breadcrumbs and grill the top until it browns.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 601 kcs • fat 18g • saturates 7g • carbs 73g • sugars 7g • fibre 3g • protein 35g • salt 0.8g

Chicken & broccoli potato-topped pie

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY**

750g potatoes, peeled and halved
250g broccoli, cut into small florets
1 batch chicken base
100ml strong chicken stock
small bunch tarragon, finely chopped (optional)
1-2 tsp Dijon mustard
100g frozen peas
1 tbsp butter

1 Heat oven to 180C/160C fan/gas 4. Cook the potatoes in boiling water for 10 mins, then drain and cool a little before slicing thickly.
2 Meanwhile, cook the broccoli until tender, then drain. Heat the chicken base with the stock in a pan until it is just beginning to bubble, then stir in the tarragon (if using) and the mustard. Fold in the broccoli and peas. Tip the chicken mixture into a dish and arrange the potato slices on top, then dot the butter over. Bake for 30-35 mins or until golden.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 428 kcs • fat 14g • saturates 8g • carbs 45g • sugars 7g • fibre 7g • protein 27g • salt 0.6g

Creamy chicken & sweetcorn soup

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY**

1 tbsp olive oil
1 celery stick
1 leek, finely sliced
1 batch chicken base
300ml strong chicken stock
250g sweetcorn (use fresh or frozen), half of it crushed lightly with a fork
200g greens (such as spinach or kale), finely sliced
small bunch chives, finely snipped

1 Heat the oil in a pan, add the celery and leek, then fry them gently until completely soft. Stir in the chicken base and stock and bring the mixture to a simmer.
2 Add the sweetcorn and cook for 5 mins, then stir in the greens and cook for 1 min. Sprinkle over the chives and serve.

GOOD TO KNOW low cal • folate • 2 of 5-a-day
PER SERVING 303 kcs • fat 15g • saturates 6g • carbs 15g • sugars 6g • fibre 4g • protein 26g • salt 0.6g

Chicken & leek
pasta bake with
a crunchy top

Chicken &
broccoli potato-
topped pie

Creamy
chicken &
sweetcorn
soup

Sweet potato-
topped cottage
pie

Chunky cherry
tomato ragu
for pasta

Smoky black
bean chilli

**start with...****Mince base****MAKES 3 batches** **PREP 10 mins****COOK 2 hrs 45 mins** **EASY** ✨

- | | |
|-------------------------------------|---------------------------------|
| 3 tbsp olive oil | 1 large carrot, finely chopped |
| 1 large onion, finely chopped | 1.5kg beef mince, 10% fat |
| 3 garlic cloves, crushed | 3 tbsp tomato & vegetable purée |
| 1 large celery stick, finely sliced | 600ml passata |
| | 150ml milk |

1 Heat 1 tbsp oil in a pan, add the onion and fry until it starts to soften, then add the garlic, celery and carrot and cook until soft. Meanwhile, heat the remaining oil in a separate frying pan and fry the mince in batches, scooping each batch out with a slotted spoon and leave any excess oil behind.

2 Add the mince to the veg, then stir in the tomato purée and cook for 1 min. Stir in the passata and bring to a simmer. Cover and cook over a very low heat for 1½-2 hrs, then add the milk and cook for 30 mins. Divide into three batches and freeze for up to a month. Defrost fully before using.

GOOD TO KNOW 1 of 5-a-day • gluten free**PER SERVING** 266 kcals • fat 15g • saturates 6g • carbs 6g • sugars 5g • fibre 2g • protein 27g • salt 0.4g**then use to make...****Chunky cherry tomato ragu for pasta****SERVES 4** **PREP 5 mins****COOK 15 mins** **EASY**

400g spaghetti or other pasta
1 batch mince base

100g cherry tomatoes, quartered
(use a mix of colours)

1 tbsp mascarpone

1 bunch basil, roughly chopped
parmesan, to serve

1 Cook the spaghetti following pack instructions.

2 Tip the mince base into a pan and bring it to a simmer. Add the cherry tomatoes and cook for 1 min, then stir through the mascarpone and basil. Serve over the spaghetti and top with parmesan, if you like.

GOOD TO KNOW fibre • 1 of 5-a-day**PER SERVING** 681 kcals • fat 21g • saturates 9g • carbs 79g • sugars 8g • fibre 7g • protein 40g • salt 0.5g**Smoky black bean chilli****SERVES 4** **PREP 5 mins****COOK 10 mins** **EASY**

1 batch mince base
1-2 tsp chipotle paste
400g black beans or kidney beans,
drained

small bunch coriander, chopped
4 (or more) tortilla bowls (we used
Old El Paso Stand 'n' Stuff)

1 avocado, sliced

1 lime, juiced

soured cream, to serve
grated cheddar, to serve

1 Put the mince base in a pan and add 1 tsp chipotle paste, bring to a simmer and taste it – add the other tsp if you need to. Stir in the black beans and cook for 5 mins, then stir in the coriander.

2 Warm the tortilla bowls in a low oven. Serve the bowls filled with chilli and add the avocado, a squeeze of lime, soured cream and cheese.

GOOD TO KNOW fibre • 2 of 5-a-day**PER SERVING** 478 kcals • fat 24g • saturates 8g • carbs 28g • sugars 6g • fibre 9g • protein 34g • salt 0.7g**Sweet potato-topped cottage pie****SERVES 4** **PREP 15 mins****COOK 50 mins** **EASY**

1 tbsp olive oil
1 onion, chopped
1 carrot, diced
1 celery stick, chopped

2 thyme sprigs

1 bay leaf

1 batch mince base

650g sweet potatoes, cut into chunks

75ml milk

20g butter

1 Heat the oil and fry the onion until it starts to soften. Add the carrot and celery and fry until tender. Add the thyme and bay and cook for 1 min, then tip in the mince and bring to a simmer. Cover and cook for 20 mins (take off the lid towards the end if it's not thick enough).

2 Heat oven to 180C/160C fan/gas 4. Cook the sweet potatoes in simmering water until tender, drain well, then add the milk and mash the potatoes.

3 Tip the meat mixture into a casserole dish and level it out (fish out the thyme and bay and discard), then pile the potato mixture on top and spread it out. Cook for 30 mins or until the top begins to brown.

GOOD TO KNOW fibre • 2 of 5-a-day**PER SERVING** 515 kcals • fat 23g • saturates 9g • carbs 43g • sugars 23g • fibre 9g • protein 30g • salt 0.7g



start with...

Roast cauliflower & squash base

MAKES 3 batches **PREP** 15 mins

COOK 25 mins **EASY** 

2 large cauliflowers, split into florets,
the stalk cut into cubes
1 large butternut squash, cut into cubes
2 tbsp oil

- 1** Heat oven to 180C/160C fan/gas 4.
Toss the cauliflower and squash in oil
and spread it out on a large oven tray.
Roast for 25 mins, or until tender.
- 2** Divide the veg into three batches.
Freeze each batch in an airtight
container for up to a month until
you need it. Defrost fully before using.

GOOD TO KNOW vegan • healthy • low fat • vit c •

2 of 5-a-day • gluten free

PER SERVING 93 kcal • fat 3g • saturates none • carbs 11g •
sugars 7g • fibre 4g • protein 4g • salt none

**Cauliflower
& squash fritters
with mint &
feta dip**



**Cauliflower,
squash, coconut
& lentil curry**



then use to make...

Cauliflower, squash, coconut & lentil curry

SERVES 4 **PREP 5 mins**
COOK 45 mins **EASY V**1 tbsp oil
1 onion, chopped
1 tbsp garam masala
1 tbsp turmeric200g red lentils
400ml can coconut milk
1 batch roast cauliflower & squash base
small bunch coriander, chopped
cooked wholegrain basmati rice, to serve
plain coconut yogurt, to serve

1 Heat the oil in a pan, then add the onion and cook until soft, stir in the spices and cook for 2 mins. Stir in the lentils, coconut milk and 200ml water and bring to a simmer.
2 Cook for 20 mins, then add the roast veg and cook for a further 10 mins, adding a little water if it looks dry. Stir in the coriander. Serve with rice and yogurt.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free**PER SERVING** 482 kcs • fat 23g • saturates 16g • carbs 45g • sugars 12g • fibre 9g • protein 18g • salt 0.1g

Cauliflower, squash & orzo gratin

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY V**300g orzo
4 tbsp mascarpone75g grated parmesan (or vegetarian alternative)
1 batch roast cauliflower & squash base
2 tbsp flaked almonds
2 tbsp panko breadcrumbs

1 Heat oven to 180C/160C fan/gas 4. Cook the orzo following pack instructions and drain. Tip back into the pan and stir in the mascarpone and nearly all the parmesan.
2 Roughly chop the cauliflower and squash and stir it into the orzo. Tip into a dish and sprinkle over the almonds and breadcrumbs, and the rest of the parmesan. Bake for 20 mins, or until the top browns and toasts a little.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day**PER SERVING** 553 kcs • fat 31g • saturates 16g • carbs 39g • sugars 9g • fibre 7g • protein 25g • salt 0.5g

Cauliflower & squash fritters with mint & feta dip

SERVES 4 **PREP 15 mins**
COOK 15 mins **EASY V**100g gram (chickpea) flour
1 tsp turmeric
1 tsp ground cumin
1 batch roast cauliflower & squash basesmall bunch coriander, finely chopped (optional)
oil, for shallow frying
150g natural yogurt
1 garlic clove, crushed
75g vegetarian feta, mashed
2 tbsp finely chopped mint
pitta breads and salad, to serve

1 Put the flour in a bowl and gradually stir in 125-150ml water to make a batter as thick as double cream. Stir in the turmeric and cumin and some seasoning. Break up the cauliflower and squash a little and mix it gently into the batter. Add the coriander, if using.
2 Heat a little oil in a frying pan and when it is hot, drop 2 heaped tbsps of the mixture to the pan, spaced apart. Fry until the fritters until dark golden, about 2-3 mins each side. Remove, keep warm and repeat with the remaining batter.
3 Mix the yogurt with the garlic, feta and mint. Serve the fritters with the mint & feta dip, some salad and pitta breads.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • 2 of 5-a-day • gluten free**PER SERVING** 358 kcs • fat 19g • saturates 4g • carbs 28g • sugars 10g • fibre 7g • protein 10g • salt 0.5gCauliflower,
squash & orzo
gratin

Bakes for Mother's Day

Mother's Day
is on March 21

Show Mum you really care this Mother's Day by making her a batch of these sweet little tarts as a gift - she'll love them!

recipe MIRIAM NICE photograph TOM REGISTER

Jam tarts

The hardest thing about this recipe is waiting for the tarts to cool down before you eat them. Do be careful – however tempting they may look, the jam will be dangerously hot when they come out of the oven.

MAKES 12 PREP 25 mins plus chilling

COOK 18 mins EASY V

250g plain flour, plus extra for dusting	1 vanilla pod, seeds scraped (optional)
125g butter, chilled and diced, plus extra for the tin	100g jam, fruit curd or marmalade of your choice
1 medium egg	

1 Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp

of water if it's not coming together, but try not to add more than that. Wrap in cling film and chill in the fridge for 30 mins.

2 Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour. Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts and pop them on top.

3 Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.

PER TART 183 kcals • fat 9g • saturates 6g • carbs 22g • sugars 6g
• fibre 1g • protein 3g • salt 0.2g

gf tip

To save time, you can use ready-made shortcrust pastry for this recipe. Buy a block rather than ready-rolled as it's easier to roll it to the thickness you require.


**have
a heart**



JUST FOR MUM

Spoil your mum this Mother's Day with one of these gourmet goodies or spend quality time together over dinner at a restaurant offering specials for the occasion

MOTHER'S DAY
IS ON
MARCH 21



Mother's Day Afternoon Tea at Al Bayt, Palace Downtown

No Mother's Day is complete without a steaming cup of tea, lively conversation and sumptuous treats! Enjoy panoramic views of Burj Like and The Dubai Fountain, melodic tunes played by a harpist or violinist, home-made smoked salmon with lemon and sumac, beef pastrami with pickle in tomato bread, and to finish on a sweet note, rose cheesecake and strawberry scones. On March 21 from 2pm – 6pm, priced at Dhs170 per person; mothers will receive special welcome beverages. Call 04 888 3444 or email dine@emaar.com.



such as 'Thank you' and 'Best mum'. Serving areas will be laden with cheese, olives and artisan bread; there will also be a carving station. This event is expected to be popular and table reservations are thus encouraged. Visit feastrestaurantdubai.com or call +971 4 503 4309

Mum dines for free at Feast, Sheraton Grand

On March 11 and March 24, mothers who visit with their offspring can dine at Feast Restaurant free of charge. Even better, the venue's expert chefs will make the experience extra-special by preparing a delightful dessert buffet adorned with flowers and featuring cute cakes decorated with thoughtful sentiments



Enjoy a classic roast at Bread Street Kitchen & Bar, Atlantis, The Palm

Gordon Ramsay's Bread Street Kitchen & Bar is inviting families to enjoy Mother's Day at the British eatery. On March 11, the Bread Street Kitchen team will be offering its delicious classic roast for Dhs135 per person and

Mothers can also enjoy a well-deserved glass of complimentary bubbles. The quintessential British roast is served with a choice of either tender roast chicken or a juicy slab of sirloin of beef, with all the trimmings to indulge upon. To show appreciation to mums, Bread Street Kitchen will also be presenting a special gift to all mothers. The a la carte menu, with dishes such as the signature beef Wellington and lobster tagliolini, will also be available for lunch or dinner on Mother's Day. Call 04-426 2626.



Healthy bites and treatments at Heavenly Spa, The Westin Dubai, Al Habtoor City

A refreshing take on the traditional Ladies' Night, this Mother's Day, Heavenly Spa invites mums to spoil themselves with an evening of pampering. Spend some dedicated time with your favourite ladies with mini spa treatments and wellness experiences, complemented by an assortment of healthy treats and beverages. Taking place on March 20 from 7pm – 9pm, the evening is priced at Dhs150, inclusive of mini massage treatments, healthy bites and refreshing beverages. Call +971 4 437 3300 or email heavenlyspaalhaborcity@westin.com.



Save your mum's morning coffee expenditure and treat her to this Nespresso Creatista Plus, which creates everything from a creamy Cappuccino through to a velvety Flat White or even a Latte that they can top with a beautiful milk foam design, all in the comfort of their own home. **DHS2,300, NESPRESSO BOUTIQUES OR BUYNESPRESSO.COM.**



Make things easy and healthier in the kitchen for her with this De'Longhi Multifry Multicooker – it combines a low-oil fryer and a multicooker. **DHS1,199, from all major supermarkets including CARREFOUR, GEANT, JASHANMAL.**



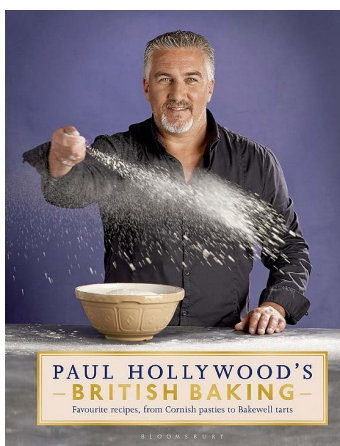
Constructed from insulated acrylic and boasting a screw-on cap, this delightful 'Hot Stuff' travel mug from Alice Scott is sure to keep your mum's coffee warm in style! **DHS70, THELITTLEBIRDYGROUP.COM**



Bite-sized popcorn clusters of Garrett's famous Popcorn Select, enrobed in silky smooth chocolate – what could be better to indulge on over a chic flick together? **DHS12 (box of 12) GARRETT GOLD, THE DUBAI MALL**



In celebration of UAE Mother's Day, Clinton St. Baking Company is putting together a bakery box in honor of our queens. A cup of tea or coffee with a side of mixed berry scones – the true way to your Mummy's heart! **DHS250 (45-piece box) or DHS125 (18-piece box), CLINTON ST. BAKING COMPANY.**



If she's a Paul Hollywood fan – his British Baking cookbook is a must-have! **DHS90, LAKELAND.**



Overnight oats are all the rage! Make things simple for mum, with this adorable mug that tells her exactly how much of each ingredient to add. **DHS60, LAKELAND.**



1 MAKE SURE YOU EAT ENOUGH

As you ramp up your training, you'll need to eat to optimise your performance and allow your body to recover. Make sure you always include a pre- or post-training snack or meal, so be sure to grab some fruit and yogurt or laban mid-afternoon as a snack before you head to your after-work training session. Without proper fuel, your training progress may stall, and you will eventually regress. If you're feeling tired all the time, despite getting enough rest, it's a tell-tale sign that you might not be eating enough.



2 BALANCE YOUR MACRO-NUTRIENTS

You must make sure that you eat the right kinds of foods and in the right amounts. Carbohydrates, proteins and fats all play vital roles in the body and athletes need to pay close attention to how much of each one they eat. But don't forget the vitamins and minerals as these are crucial to optimise how our bodies function.

Eating for a triathlon

With the ITU World Triathlon Abu Dhabi taking place on Yas Island from March 2 – 3, we speak to lead dietitian Adrienne Speedy at Cleveland Clinic Abu Dhabi, for advice on what you should be eating for peak performance on race day

When you train for something as demanding as the ITU World Triathlon Abu Dhabi, which combines swimming, biking and running, your body will require more calories in a day than the average person does. Making sure you eat enough and at the right times to meet your training goals might be a challenge, not to mention the need to provide your body quality nutrients from wholesome sources – this means no fast or heavily processed foods. Follow these top tips to help optimise your performance:

Carbohydrates replenish the glycogen in your body, fuelling your training, proteins support muscle synthesis and repair, and fats provide energy and can help keep your joints healthy.

When training, it's best if 45-65% of your calories come from carbohydrates as they are your body's primary fuel, especially in a triathlon. Protein should make up 15-20% and fats 20-35%.

Carbohydrate	Protein	Fats
Fruit Vegetables; potato, corn Whole grains breads and cereals Rice, quinoa, barley	Fish Skinless chicken Lean beef Beans and lentils Eggs Milk, yogurt and laban	Vegetable oils Nuts Seeds Peanut butter



3 STAY HYDRATED

Getting enough water is key to an athlete, especially when competing in hot climates. When you sweat during training you lose more than just water, you also lose salt which is vital to properly functioning.

There's no set amount of water athletes should drink as it varies from person to person. Drinking enough water is important, but if you are exercising for more than one hour continuously it is important to alternate water with a low-sugar sports drink to help replenish salts and electrolytes.

RACE DAY FOOD DIARY

Before the race

The morning of the big day is not the time to experiment with new foods, so stick to whatever you have been eating for breakfast during your training and which you know your body can tolerate.

The best way to make sure that your breakfast helps you to perform to your optimum is by making sure you get up early and eat between two and three hours before the race starts, giving you ample time to digest before you cross the starting line.

Post-race

Protein and carbohydrates are the main ones that are great for post-race recovery. Focus on replenishing and rehydrating. Straight after the race enjoy a cheese sandwich and a glass of juice, or a fruit smoothie with a celebratory blueberry muffin and a laban followed by a balanced meal.



About Adrienne

Adrienne Speedy is the lead dietitian at Cleveland Clinic Abu Dhabi, one of the ITU World Triathlon Abu Dhabi's key sponsors. She is also a competitor in the race, as part of a relay team and will be doing a 90km cycle. She took up cycling two years ago and participates in 3 to 4 events on average per year with her Yas Cycles teammates.

Adrienne has been a New Zealand-Registered dietitian for over 15 years and has been working as dietitian in the UAE for nearly nine years.

Most recently, she has specialised in patients requiring nutrition support and critical care, but she has previously worked in numerous settings including private practice and sports nutrition.

Adrienne has degrees in both Nutrition and Physiology and a Post Graduate Diploma in Dietetics from the University of Otago, New Zealand.





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All well and good

Cookery writer **Sophie Godwin** gives you three healthy meals filled with ingredients which may help boost your mood

photographs MIKE ENGLISH
nutritional therapist KERRY TORRENS

Breakfast Baked banana porridge



SERVES 2 **PREP** 5 mins **COOK** 25 mins **EASY** **V**

2 small bananas,
halved lengthways
100g jumbo
porridge oats
¼ tsp cinnamon

150ml milk of your
choice, plus extra
to serve
4 walnuts, roughly
chopped

1 Heat oven to 190C/170C fan/gas 5. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish. Top with the remaining banana halves and scatter over the walnuts.

2 Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day

PER SERVING 405 kcal • fat 15g • saturates 2g • carbs 52g •
sugars 18g • fibre 6g • protein 12g • salt 0.3g

Bananas and dairy are good sources of the amino acid tryptophan, which the body needs to make the feel-good hormone serotonin. When eaten with a carb source such as oats, the brain can absorb the tryptophan more easily.



Lunch

Salmon and purple sprouting broccoli grain bowl

FIBRE

2 OF
5-A-DAY

OMEGA-3

SERVES 2 PREP 10 mins COOK 10 mins EASY

2½ tbsp cold pressed rapeseed oil
½ tsp honey
½ tsp wholegrain mustard
1 lemon, juiced
200g purple sprouting broccoli, each stem cut into three pieces

1-2 garlic cloves, sliced
250g pouch mixed grains
handful each parsley and dill, roughly chopped
160g radishes, cut into chunks
200g cooked salmon, broken into chunks

At this time of year, eating oily fish like salmon is a great way to add some vitamin D to your diet. Oily fish are also an excellent source of omega-3 fatty acids, which helps to support healthy nerve function.

1 Mix 2 tbsp oil with the honey, mustard, lemon juice and some seasoning. Bring a pan of water to the boil. Add the broccoli, cook for 3-4 mins until tender but with a slight bite, then drain.

2 Heat the remaining oil in a frying pan. Add the garlic, sizzle for a min, then tip in the mixed grain pouch, using the back of your spoon to separate the grains. Add the broccoli, mustard dressing, herbs and radishes. Give everything a mix to combine, season to taste, then gently stir through the salmon. Serve warm or cold.

GOOD TO KNOW healthy • fibre • vit c • omega-3 • 2 of 5-a-day

PER SERVING 669 kcals • fat 39g • saturates 5g • carbs 36g • sugars 6g • fibre 10g • protein 39g • salt 0.4g

Dinner

Feta and kale loaded sweet potato



SERVES 2 **PREP** 10 mins **COOK** 50 mins **EASY** **V**

2 sweet potatoes
210g can chickpeas, drained
1 small red onion, thinly sliced
2 tbsp red wine vinegar
30g feta, cut into small cubes

1 tbsp extra virgin olive oil
pinch chilli flakes
100g kale
1 tbsp pumpkin seeds, toasted
80g bag rocket

1 Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put them in a roasting tin and roast for 40 mins. Add the chickpeas to the tray, then roast for 10 mins more, until the potatoes are completely tender and the chickpeas have crisped a little.

2 Meanwhile, mix the onion with the vinegar and a pinch of sugar and salt, and set aside to quick pickle. In another bowl, marinate the feta with the oil and chilli flakes.

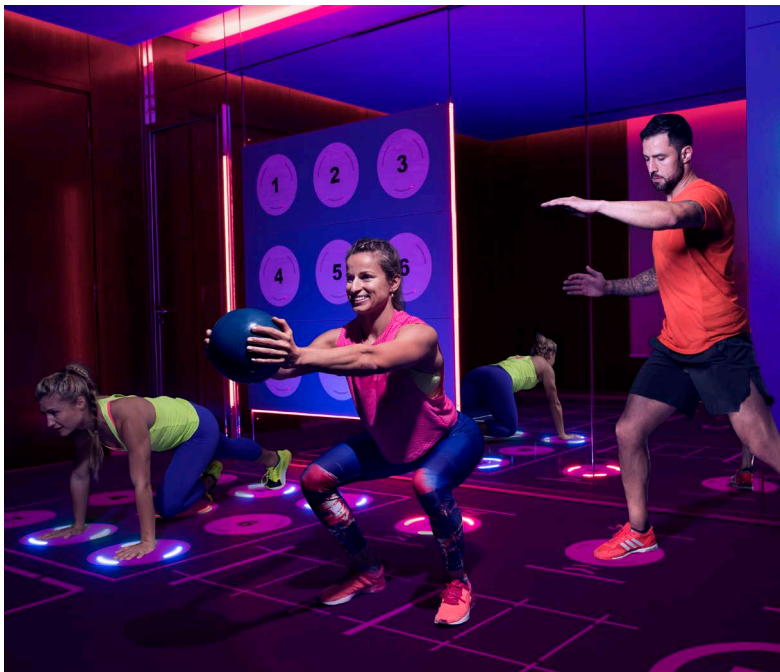
3 When the potatoes are nearly cooked, cook the kale in a pan with 50ml water for 3 mins until wilted, then season to taste. Halve the potatoes, divide between two plates and top each with the kale, chickpeas, red onion (reserving the vinegar), marinated feta and pumpkin seeds. Toss the rocket with the reserved vinegar, then serve on the side.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 422 kcals • fat 15g • saturates 4g • carbs 51g • sugars 19g • fibre 11g • protein 15g • salt 0.6g

Pumpkin seeds and leafy greens such as kale are rich in magnesium, which is necessary for serotonin production and may help us to manage stress.

Shaping up

Are you looking to get into shape or maintain your ideal weight, but tired of pounding away on the boring treadmill? Give one of these Dubai-based fitness classes a try...



PRAMA by Pavigym, Fairmont The Palm

Mix things up at PRAMA by Pavigym – a 45-minute intense, but super fun interactive circuit training workout that uses LED lights, markings on the floor and walls with music to guide movement. PRAMA most definitely brings fitness to life with lights, sounds and sensors – pushing your body to improve muscle memory, endurance, strength, balance, speed, agility, reaction time and overall fitness. It is a high-energy workout that provides complete strength and cardio conditioning, potentially burning up to 1,000 calories in just one 45-minute session.

There are two different types of training classes available at PRAMA, including one for cardio and one for endurance.

The cardio class focuses on light, high-intensity cardio based movements for a fast-paced workout that will guarantee to make you sweat. While the endurance class brings focus to strength and conditioning, where you will experience super set reps designed to keep your heart rate up and burn calories to the max. **WHEN?** PRAMA classes take place every day at Fairmont The Palm at various times each day. Please contact the hotel's Health Club (details below) for this month's timetable.

HOW MUCH? Dhs75 per class
BOOK YOUR CLASS: Call Fairmont The Palm's Health Club on 04-4573330 or e-mail palmdubai@fairmont.com.



Bounce Fit, Al Quoz

Who said that trampolining was just for children? At Bounce, you'll find daily 'Bounce Fit' classes for grown-ups, that are not only a fun alternative to hitting the gym, but lets you jump around on a trampoline for a whole 60-minutes.

Now, before you get too excited, it's not as easy as it may sound. The high-intensity, low-impact cardio is tough going, but on a positive, the workout is definitely a lot of fun and will help you to burn fat quicker, strengthen your core, improve your muscle tone and boost your heart rate.

WHEN? Daily at various timings. See bounce.ae for up-to-date timetable.

HOW MUCH? Dhs80 per class, and it's included if you have GuavaPass.

BOOK YOUR CLASS: Call 04-3211400 or visit bounce.ae.



Pilates and Yoga, Piloga Studio, Bay Square, Business Bay

It only takes a couple of classes before you can see and feel the results. Piloga offers a mix of Pilates and Yoga to give you a lean, toned and taut body and a relaxed mind. Pilates and Yoga focus on lengthening and strengthening the muscles that improve your posture, helping you lose weight, look leaner and taller and relieving any neck or back pain.

WHEN? Every day of the week, morning and evening. Full timetable available at pilogastudio.com.

HOW MUCH? Dhs85 for a single class, Dhs900 for one month of unlimited group mat classes, Dhs50 with GuavaPass.

BOOK YOUR CLASS: Call 04 456 4499 or visit pilogastudio.com.

SUP Girl, Riva Beach Club, Palm Jumeirah

SUP Girl is a women-only class incorporating fitness, paddling and some fun at the same time. The 60-minute class sees trainers will take you out for a fun paddle session with some great workout elements. It begins with simple stretches, followed a series of squats and push-ups follows before heading back to shore. There, you'll get your cardio on with some burpees and sit-ups, before it's back onto the board for lunges and a few more balancing and core exercises.

Learn how to stand up paddle the right way at this class, with a full summary of ocean safety, proper paddle technique, and equipment overview included in each class, ensuring that you feel confident to explore in the water. And best yet, it's done with Burj Al Arab views – what could be better? And for the gents, don't worry – there are classes for both male and female.

WHEN? Contact Ignite Surface for this month's schedule.

HOW MUCH? Dhs120 per session or Dhs550 for five classes. All equipment is included in all classes.

BOOK YOUR CLASS: Call 04-4562482 or visit ignitesurface.com.



STAYING ON TRACK

Wondering why all your efforts in the gym aren't paying off? Fitness writer, Katie Hiscock shares her top tips to help you get the most from your workouts, shed the pounds and stay on track...



REMEMBER WHY YOU'RE DOING IT

To lose weight, you need to be in calorie deficit from your Total Daily Energy Expenditure (TDEE). In plain English, the amount of calories you eat needs to be less than the amount of calories you burn each day. If you're embarking on a fitness and weight loss programme, it's worth remembering the basic principle of this energy balance

equation and finding out roughly what your TDEE is to understand exactly why that extra gym class or eliminating that daily bag of crisps at lunch can help you lose weight. You can find TDEE calculators online.

WATCH OUT FOR SPORTS DRINKS

Sports drinks contain salts and sugars to replenish what the body has lost through sweating that water alone can't replace. Many of them are packed with carbohydrates however – which means they also contain calories. Unless you need the energy contained in these drinks to fuel your activity (such as a long run of over an hour), it's wiser to choose simple water, or a zero-calorie electrolyte drink and avoid the hidden calories.

ACTIVITY DOESN'T JUST MEAN THE GYM

Moving more doesn't mean you need to join a gym. From walking up stairs to gardening, any activity that gets your heart rate going and your muscles moving will have an effect.

SHUN THE SCALES

As you lose fat and build muscle, keep in mind that muscle weighs more than fat, so you may find that your weight actually creeps up. Shun the scales in favour of a body composition test, which will measure your fat and muscle percentage and show the progress you're making.

BUILD MUSCLE TO BURN ENERGY

Building muscle mass isn't just about building a six-pack, muscle tissue also uses up more energy than fat tissue. This means that if you increase your muscle mass and lose fat you'll be burning more calories more efficiently – even while you're at rest.

MOVE MORE, EAT WISELY

There's little point in going to the gym five times a week if you're going to undo it by eating a poor diet and consuming more calories than you've managed to burn. When it comes to food choices and losing weight, it's a case of eating less and eating wisely. Alongside upping your activity levels, eating regular meals, avoiding hidden calories in alcohol, shunning saturated fats, increasing your intake of vegetables and snacking wisely will help you to shed those excess pounds.



Mountaintop dining in **OMAN**

Nestled in the rugged mountains of Musandam, Oman – just a two-hour drive from Dubai – we travel to the blissfully secluded beachfront resort of Six Senses Zighy Bay to discover one of the region's most breathtaking dining experiences, on top of a mountain.

By Sophie McCarrick

After a quick drive over the UAE – Oman border, it's time to take a trip off the beaten path. Arrival to Six Senses Zighy Bay is an exciting expedition within itself. Choose between paraglide-in access or a 4x4 transfer over the towering Al Hajar mountains, to reach the spectacular resort that occupies its own private bay on the Musandam peninsula coastline.

Designed to look like a traditional and simplistic Omani village that's been there for years, Six Senses Zighy Bay exudes understated, barefoot luxury that's rustic, exclusive and truly unique in its offering. Home to 82-pool villas that are available in a variety of sizes, the resort sits on a private stretch of beach and features a dramatic mountainous backdrop.

Dining

Due to its secluded nature, this isn't the type of resort that you can simply pop out of to pick up a snack or grab lunch – so we were pleased to find that the dining options available were aplenty, varied and more than satisfying.

This Omani jewel has several restaurant and bars, as well as exclusive destination dining options,



which are perfect for celebrating special occasions, or simply treating yourself.

Dine with your toes in the sand and delight in regional specialities at Shua Shack, which is set upon the beach and serves everything from great day-time snacks like shawarmas, mezze and stone oven-baked pizzas, to mixed meat and fish platters.

Spice Market is the resort's main restaurant and serves from breakfast through to dinner. The buffet-style outlet features cuisines of the world, including live-stations for sushi, Thai or Indian curries and grills, seafood, Peking duck and dimsum, plus more. Breakfast here was particularly fantastic, with a huge focus on health and wellness. Muesli pots, juices and smoothies were labelled for those with dietary requirements, including the likes of 'gluten-free', 'dairy-free', 'sugar-free' – making the selection accessible to all. The live-fruit carving station also impressed, with fruits such as mango, peaches, plums and dragon fruit, all sliced fresh and served to preference.

The Wine Cellar is where the resort's master sommelier hosts regular grape-pairing dinners, while the Summer House is a great spot for a crisp lunch, afternoon bite or a refreshing drink, not forgetting the homemade ice creams and sorbets. After dinner, head to the Ziggy Bar, which offers classic, modern, local and organic mocktails and cocktails throughout the day and evening whilst overlooking the Wadi. Best yet, Happy Hour here is from 9.30pm to midnight – making it the perfect post-dinner spot.

Saving the best till last, Sense on the Edge is where to head for a dining experience of a lifetime. Set upon the mountaintop, this contemporary yet rustic fine-dining restaurant and lounge displays birds-eye views over the resort below. Offering sunrise breakfasts, and dreamy moon-lit dinners, the restaurant serves set-menus of three, five, seven or

nine-courses – all of which are offered with grape pairing, if desired.

Dishes on the menu range from scrumptious venison tartare with nashi pear, cashew and capers, scallops and duck with charred sweetcorn and patzle, to buttery wagyu with leeks, caramelised onion, kombu and horseradish, followed by not one, but two desserts to finish, including white chocolate pudding with carrot and verjus.

Wowed by both the food and unbeatable views under a star-lit sky, my dinner partner and I agreed that this was undeniably one of the most spectacular dining experiences that we'd ever had – one I'll always remember.

If you're not one for heights, yet still want to indulge with a special culinary journey, opt to go bespoke with one of the resort's many options, including in-villa dining or private set-up on a sandbank, plus more. Whatever your requirements may be, Six Senses Ziggy Bay's GEMs (guest experience makers) will be pleased to arrange.

Wellness

A pioneer in growing its own organic produce to support its organic farm-to-table philosophy, Six Senses Ziggy Bay has its own six-acre farm, where it grows plants, vegetables and greens, plus houses livestock, including two milking cows and a herd of goats for cheese and yoghurt production, plus a brood of laying chickens.

On the farm, you'll find staples such as tomatoes, chilies, broccoli, cauliflower, dates, basil, cabbage and water cress. Of an evening when you return back your villa post-dinner, it's a real treat to find homemade truffles laid on the pillow, made from the resort's own dates and local honey. Touches like this are what really place Ziggy Bay in its own league.

Once done exploring the farm, take a private cooking class with the chef and learn how to make cheese and yoghurt,

tasty salads or omelettes, or learn a new skill and plant herbs, collect eggs, or milk cows and goats – an activity that's great for the kids.

Six Senses Ziggy Bay is also home to a Spa, which positions itself as a refuge for mind and body, a sanctuary of ultimate well-being committed to delivering integrated wellness experiences. The spa combines peace, tranquility, fitness and health with ancient and modern holistic treatments from expert in-house and visiting practitioners.

During our stay at the property, we met several groups who had booked into the resort for a few days to follow a detox plan, which comprised varied fitness and relaxation sessions throughout the day, aided by Six Senses specially tailored wellness menus, available in all restaurants – ensuring that those on the programme stayed on track.

Activities

Whether it be on land, on the air or at sea, Six Senses Ziggy Bay has a wide-range of activities, including dhow cruises, trekking, mountain biking, rock climbing and customised tours.



If you're one for keeping a firm foot on land, opt for the Sabatyn 4x4 excursion and watch the sun sink over the Grand Canyon of Musandam, as you explore the rugged beauty of the Sabatyn plateau from the comfort of the resort's air-conditioned and eco-friendly off-road fleet. You'll pass a wealth of petroglyphs (rock carvings), stone towers and ancient houses from a vantage point of almost 4,000 feet above sea level. This scenic one-hour drive can be done in the morning to include a picnic lunch, or during dusk to toast the sunset over the mountains with a glass of bubbly and selection of canapés.

Take to the sky with an exhilarating paragliding experience. Jump off 960 feet (293 meters) above sea level and gently descend toward a soft landing on the sands of Ziggy beach below. The flight time takes approximately 10 minutes.

Alternatively, for another thrilling aerial experience, take flight in a Microlight flight to enjoy views from a dizzying 1,640 feet above sea level.

For a romantic experience opt to take a catamaran cruise or a traditional wooden dhow cruise at sunset. As the day turns to dusk, the team will ensure the boat is at the right spot on the languid waters of Haffa Bay to watch the sun gradually set behind the vast Al Hajar Mountains, all while canapés and refreshments are served.

The diving and snorkeling is also fantastic around the Musandam peninsula, where crystal-clear waters allow you to meet sealife including turtles, stingrays and sometimes dolphins.

Whichever culinary path or adventurous route you take at Six Senses Ziggy Bay, we're certain that this place will leave you with memories that last a lifetime.

A taste of Sense on the Edge



Label rouge chicken

By Sous Chef Chaminda
Chanaka Mendes

200g chicken breast

1-piece chicken wing

100g carrot

30g pumpkin

1-piece broccolini

For the carrot puree

50g carrot

15g butter

50ml carrot juice

Seasoning as required in method

Salt and pepper, to taste

For the chimichurri gel

50g green bell pepper

50ml white balsamic

30g shallots

Oregano, a pinch

15ml olive oil

Seasoning as required in method

Salt and pepper, to taste

For the chicken jus

150ml brown chicken stock

100g chicken wings

50g shallots

2 cloves garlic

1 sprig thyme

Seasoning as required in method

Salt and pepper, to taste

1 Cook the chicken breast for 30 minutes in a sous vide, then pan-sear it until the chicken skin is crisped.

2 Marinate the chicken wings with labneh, thyme, garlic. Coat it with potato starch batter and deep fry it.

3 Roast the baby carrot, pumpkin, and broccolini and season with salt and pepper

Carrot puree:

1 Cut the carrot roughly and sauté with butter.

2 Add carrot juice and cook till tender.

3 Blend all the ingredients till get a smooth texture

Chimichurri Gel:

1 Juice the green bell pepper and add chopped shallots, a pinch of oregano and agar agar.

2 Add the white balsamic vinegar and olive oil.

3 Blend all the ingredients till get a smooth texture.

Chicken jus:

1 Roast the chicken wings with shallots, thyme and garlic.

2 Add brown chicken stock and cook until it's tender.

3 Strain and reduce the jus.

STAY

Six Senses Ziggy Bay, Oman

Call +968 26735555.

Visit sixsenses.com/resorts/ziggy-bay/destination

E-mail reservations-ziggy@sixsenses.com

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WEEKEND 1 • MARCH 15-17

THURSDAY: FAMILY MOVIE NIGHT

18:00 | Finding Nemo
20:30 | The Fast & The Furious

FRIDAY: BACK TO THE 80'S (immersive experience)

19:00 | Grease
Presented by Paramount Channel

SATURDAY: BOLLYWOOD NIGHT

19:00 | Dilwale Dulhania Le Jayenge

WEEKEND 2 • MARCH 22-24

THURSDAY: FAMILY MOVIE NIGHT

18:00 | The Lion King
20:30 | Jurassic Park

FRIDAY: BACK TO THE 80'S (immersive experience)

19:00 | Grease
Presented by Paramount Channel

SATURDAY: VIEWERS CHOICE NIGHT

18:00 | Viewers Choice
20:30 | Viewers Choice

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Made with **LOVE**

Our latest event saw four food-loving couples come together at the Chef's Palette Cooking Studio, Fairmont The Palm on February 10 to battle it out in the kitchen at London Dairy's Valentine's Cooking Competition.

With a romantic overnight stay for two including dinner at Fairmont The Palm up for grabs to the winning couple of London Dairy's Valentine's Cooking Competition, BBC Good Food ME welcomed four couples at the Chef's Palette Cooking Studio, Fairmont The Palm on February 10.

Kick-starting the event, chef Romain Van Durmen of Chefs Palette, revealed the mystery dessert of a deconstructed Snickers bar made with London Dairy's 'pralines & cream' ice cream to the competing couples. After a run through of how to make the challenging dessert, the couples were equipped with 45-minutes, all essential ingredients, and the task of re-creating chef Romain's dish.

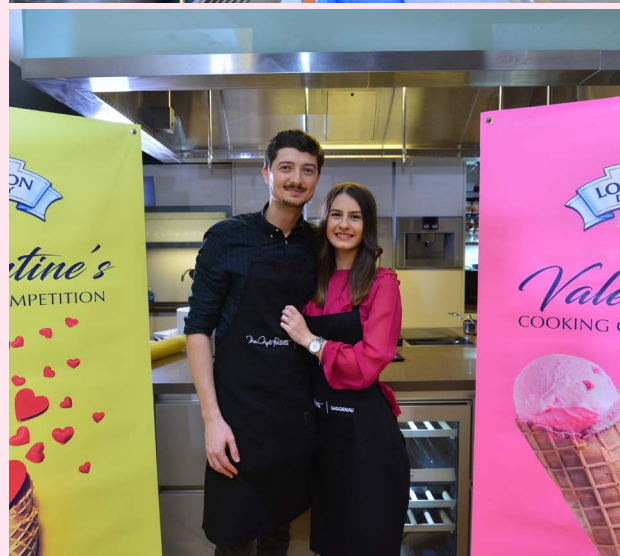
After a heated competition and tough deliberation judging based on the criteria of taste, presentation, timing, use of ingredients and creativity, chef Romain revealed Nicoleta and Ivan as the winning couple. The two walked away with a perfect prize for Valentine's Day – an overnight stay at Fairmont The Palm, including dinner for two at Seagrill Restaurant & Lounge.

Commenting on their win, the couple said: "We're so excited to win this competition. We have our own food blog and cook together at home as much as we can, so this means a lot to us. The dessert created by chef Romain tasted great. We loved how the warmth of the chocolate brownie was complemented by London Dairy's cold pralines & cream ice cream – we'll be making it at our next dinner party!"

London Dairy

London Dairy premium ice cream is crafted from the finest ingredients from around the world. Crafted with the connoisseur in mind – only the finest ingredients will do! From luscious fruit handpicked in the sun-kissed fields of Europe, to the exquisite texture of rich Belgian chocolate, London Dairy insists on delivering the richest taste and the smoothest texture, blending ingredients with the creamiest milk to create a magnificent ice cream symphony.

London Dairy products have no artificial colours or preservatives. Available in a range of collections and sizes, enjoy London Dairy ranges include the likes of Premium, Lite and Yoghurt, with ranges in various tub and cup sizes, or refresh yourself with one of sticks, cones or bars.





TRY CHEF ROMAIN'S COMPETITION RECIPE AT HOME!



Chocolate brownie cake with caramel sauce

For the brownie cake

200g butter
400g sugar
3 whole egg
70g cocoa powder
130g flour

For the caramel sauce

200g sugar
160g Glucose
200g cream
120g condensed milk
1 bean vanilla
320g butter
2 pinch of sea salt

- 1 For the brownie cake, beat the eggs with the sugar; add the cocoa powder and the flour.
- 2 Pour the melted butter and blend it.
- 3 Pour the mixture in a small tray and cook for 20 min at 170C.
- 4 For the caramel sauce, pour the sugar, the glucose and the condensed milk in a pan and cook it slowly, give it a brown colouration.
- 5 When the coloration is ready, add the cream, and the salt.
- 6 When the temperature is around 60C, add the butter and blend it.
- 7 Reserve the caramel in the fridge.
- 8 Serve the brownie, caramel sauce and London Dairy's Pralines & Cream ice cream as desired, or how plated in the picture.

For this recipe you'll need

Pralines & Cream

If you're looking for creamy vanilla ice cream mixed with swirls of caramel sauce and caramelised pecan nuts, your exquisite praline pleasure is here. Available as 120ml Cone, 125ml Cup, 500ml Tub, 1l Tub.

Good to know


London Dairy products have no artificial colours or preservatives


goodfood
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Want to be a part of our next Food Club event? Then sign up on www.bbcgoodfoodme.com.

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Competition



WIN!

**A 2-night stay
for 2 at Al Ain
Rotana, worth over
Dhs5,000!**

Win a two-night stay for two people at Al Ain Rotana in a Premium Suite, inclusive of buffet breakfast at Zest Restaurant and a one-hour treatment at Zen The Spa for two.

Nestled in the luscious Garden City of The Emirates, Al Ain Rotana is a 5-star hotel boasting exceptional amenities and world-class dining. Ideally located just minutes from the city center and tourist attractions, the hotel offers the ultimate Oasis escape.

The 246-key hotel features elegant rooms, suites, studios, villas and chalets; an award-winning Zen the spa with 9 treatment rooms, a fully equipped Bodylines Fitness & Wellness Club, with tennis and squash courts; meeting rooms for off-site business meetings and events, and the opulent ballroom and exquisite gardens perfect for a wedding to remember.

The tempting collection of 6 diverse casual-dining options offer tasty International cuisine, live cooking stations and theme nights at Zest All Day Dining; live

performance and indoor and outdoor seating at both the famous Min Zaman Lebanese Restaurant, and world-renowned Trader Vic's Restaurant and Mai Tai Bar; or dancing the night away at Moodz Lounge Bar.

Pop-in and dine in one of the gourmet outlets, hold your business meetings, events or exhibitions; work-out in the fully equipped Bodylines Fitness & Wellness Club, or simply enjoy a relaxing day-cation pampering at Zen the spa or lazing by one of the refreshing swimming pools.

Whether you are looking for a memorable staycation, unforgettable birthday celebration, or any other special occasion such as Mother's Day, Easter or Ramadan to the spend the time with your loved ones, there is always something for everyone at the Al Ain Rotana hotel.

The prize draw for a two-night stay for two people at Al Ain Rotana will be made at the end of March 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. T&C apply.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

How many restaurant are there at Al Ain Rotana?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

WIN!

**A 2-night stay
for 2 at Al Baleed
Resort Salalah by
Anantara, worth
Dhs5,000!**

Win a luxury two-night stay in a one-bedroom Garden View Pool Villa at Al Baleed Resort Salalah by Anantara with breakfast, plus dinner for two at Mekong restaurant.

Situated between a long, scenic white sand beach and freshwater lagoon, Al Baleed Resort Salalah by Anantara is the region's first luxury private pool villa resort, offering unrivalled levels of sophistication, perfect for exploring the unique charms of Southern Oman.

The resort boasts a collection of elegantly appointed rooms and villas, including 88 one- and two-bedroom Pool Villas – the first of their kind in Salalah – alongside three dining options showcasing an array of vibrant cuisines from around the globe. The world-acclaimed Anantara Spa, an exotic infinity pool, plus a wide choice of local excursions and resort activities complete the experience at this one-of-kind getaway spot.

The lucky prize-winner will have the opportunity to stay in one of the luxurious one-bedroom Garden View Pool Villas. A lush and secluded retreat, guests will enjoy their own private courtyard entrance leading into a spacious outdoor terrace with a temperature-controlled private pool. The villa interior features expansive bedroom and living room areas as well as a luxury bathroom with freestanding bathtub and rain shower

– all of which open out onto the garden enclave.

Also included is a memorable dinner for two at Mekong, the resort's signature Asian restaurant. Set against the elegant backdrop of the dining room or beneath the twinkling stars on the lagoon terrace, the restaurant offers an array of culinary delights from countries along the Mekong River. Elsewhere on resort, guests can enjoy all-day dining at Sakalan restaurant and tuck into Mediterranean dishes at Al Mina, a relaxed beachfront venue complete with cocktail bar and shisha lounge.

Conveniently located just 15km from Salalah International Airport, Al Baleed Resort Salalah by Anantara sits within easy reach of an abundance of cultural treasures and thrilling escapades. Famed for the riches of its frankincense groves, coconut palm-fringed beaches, a wealth of archaeological sites and profusion of tropical greenery during the summer monsoon season, Salalah on the south coast of Dhofar offers intrepid travellers an emerging destination of breath-taking natural beauty, all of which can be explored with the expert guidance of Anantara's 'Salalah Guru.'

The prize draw for a two-night stay for two at Al Baleed Resort Salalah by Anantara will be made at the end of March 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Transportation to Oman is not included.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What type of cuisine does the resort's specialty restaurant, Mekong serve?

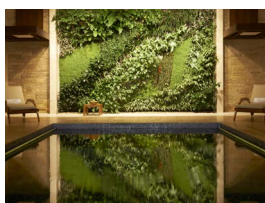
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OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

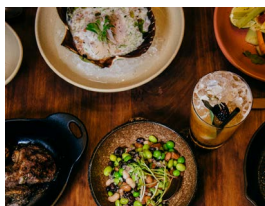


WIN!

AFTERNOON TEA FOR 2 WITH SPA TREATMENT AT SOFITE! THE PALM! WORTH DHS599

One lucky winner could be in the chance to win a perfect Afternoon Tea and spa package at Sofitel The Palm. If you win, you'll be able to relax in complete

tranquillity and indulgence at the five-star resort with a friend. The package offers a So Exhilarating Massage, a soothing treatment with aromatic lavender oil where signature techniques are used to release tension and stress, relaxing the body and mind, just what every lady needs, followed by Afternoon Tea. Indulge in a selection of delicate sandwiches made with a twist, and the finest pastries and cakes, alongside a selection of teas and coffees.



WIN!

A DINING VOUCHER FOR PEYOTE, DIFC! WORTH DHS500

Immerse yourself in the flavours and spirit of Latin America at Peyote, Dubai's gateway to modern Mexican culture. Located in one of the most prominent locations in DIFC's Gate Village 2 Peyote

offers up a seductive trip resulting from the combination of native Head Chef Walter Melo's unmissable sharing plates inspired by over a decade of cooking for some of Mexico's most well-respected restaurants, lively music, exceptional service and vibrant atmosphere. Those wanting to carry on into the evening, can mingle in Peyote's lounge bar where mayhem and margaritas continue to flow until late.



WIN!

DINNER FOR 2 AT CRAZY FISH DUBAI! WORTH DHS500

Created by Flavio Briatore in Monte Carlo, Crazy Fish Dubai specializes in fresh fish and seafood of the highest quality. The fish are not farmed and caught daily. The current market

is searching for quality: to taste, to enjoy and to remember. The restaurant's fish and shellfish are served exclusively fresh focusing on quality. The cooking is simple rich in detail with Mediterranean elements being sure to not conceal or distort the flavour of the fish.



WIN!

AN ONLINE SHOPPING VOUCHER TO SPEND AT KOITA! WORTH DHS500

Koita is giving one lucky winner Dhs500 worth of delicious milk, which is made from very happy cows in Italy! Why not try Koita's new Soy Milk, Organic Skim or Lactose-free Milk which hit the shelves very recently.



WIN!

EVENING BUFFET FOR TWO AT LAKEVIEW! DHS520

Lakeview offers a stylish and relaxed setting for a scrumptious breakfast, lunch and dinner as well as a perfect location to watch all the live sporting action

on 10 state-of-the-art screens. The modern space, designed entirely in neutral earth tones, will offer guests intimate indoor surroundings as well as a stunning outdoor terrace, overlooking Dubai Creek and the championship golf course. A chic European influence runs throughout Lakeview with a historic 900-year olive tree transported all the way from Italy taking centre position, alongside the cider garden, which will serve 15 different brews. Located at the Dubai Creek Golf & Yacht Club Drop in any night of the week between 7pm and 11pm to indulge in our evening buffet alongside live entertainment.



WIN!

A DINING VOUCHER TO SPEND AT SOPHIE'S CAFÉ! WORTH DHS500

Bringing all the goodness to its new home in Barsha Heights, Sophie's Café serves up a fantastic selection of wholesome

and healthy dishes. Everything at Sophie's Café is created in-house from scratch with a particular focus on local, organic and whole foods. Once you've tasted Sophie's famous Zucchini Brownie, accompanied by their own cold brew coffee – you'll realise it's only fair to share the love. And that you can do with your voucher for Dhs500, to treat your family or friends to a delicious breakfast, lunch or dinner.



WIN!

A BRAUN MULTIQUICK 7! WORTH DHS500

As with all Braun products, the MultiQuick 7 range was built and designed with a German tradition of quality and durability. Built in a unique shape with ultra-hard

stainless steel, Braun hand blenders can cut through all types of ingredients, giving you the desired result in no time and ensuring that there is no stress in the kitchen. Braun hand blenders can chop, blend, slice, dice and prepare dough with one single push of a button. The MultiQuick 7 range contains a first in hand blender technology: Smart Speed - the more you squeeze, the more power you get. The Smart Speed control is a revolutionary technology that allows you to increase the hand blender speed by gently pressing the speed regulator button. You can easily prepare all your recipes with one hand, changing the speed in real time, without interruptions.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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Istanbul
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AT TURQUOISE TERRACE

Every Thursday from 7pm | AED 249 per person
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ENTERTAINMENT

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GOOD HEALTH IS THE BASE OF A HAPPY FAMILY

Our family's health is a bliss that has become harder to upkeep in such a modern and stressful lifestyle. At Al Rawdah, we believe that good health lives at the roots of mother nature, and thus, we strive to bring to the families of UAE the best products from nature.

Our fresh chickens are given 100% natural feed and are delivered from farm to consumers within a short time. The freshness of our tasty products will not only help maintain your family's health, but will also fill your gatherings with joy.



• CHICKEN FILLET • CHICKEN POPCORN • CHICKEN NUGGETS • WHOLE FRESH CHICKEN • CHICKEN DRUMSTICKS